



Henry County, Iowa

Contact Kelly Carr at Henry County Public Health for local details

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Scan TO SIGN UP!



WALK WITH EASE

TAKE A STEP TO A HEALTHIER SUMMER!

Spring Into Summer

The statewide Spring into Summer initiative provides FREE access to the evidence-based Walk with Ease program.

Sign up for the 6 week online program anytime between March 7th and March 21st. Customized online programming will help you build healthy habits for physical activity.

KEY FEATURES:

- FREE Online Access to WWE
- 6 Week Self-Guided Program
- Video Training and Resources
- Build Healthy Habits
- Walk with your County Group

Henry County Programming

Henry County Public Health has established a county-specific group within the Walk with Ease program. Sign up with the QR code (or online) and be sure to select Henry County as the 'group' when you sign up. We encourage worksites and groups to coordinate their start date so you can make progress together. Let's move together!

Organizations can pick standard start dates in the 2 week window to facilitate group interactions

CCPH



Community Connections for Public Health



www.walkwitheaseISU.org
www.wellnessworksISU.org