GET walkIN'

Helping Hoosiers get on their feet!

WANT TO IMPROVE YOUR HEALTH

...but short on time ...and lack motivation?

This **FREE**, 12 week email-based walking program has you covered!

Sign up by August 3, 2024 by sending your email to Marcia Parcell at mparcell@purdue.edu , walk, and get email support August 5-October 27.

WALK TO:

- Reduce risk of obesity, heart disease, diabetes
- Feel energized
- Add daily physical activity
- Get social

ALL FOR FREE!

DETAILS

Starting date: August 5, 2024

You will receive a total of 16 emails—2 per week for the first month, and 1 per week for the next 8 weeks.

To sign up: Marcia Parcell at mparcell@purdue.edu

Register by: August 3, 2024

PURDUE EXTENSION | SCHOOL OF NURSING

Purdue University is an equal access/equal opportunity institution.

Get Walkin' contact:
Marcia Parcell
812-926-1189
mparcell@purdue.edu

Get Walkin' contact:
Marcia Parcell
812-926-1189
mparcell@purdue.edu

Get Walkin' contact:
Marcia Parcell
812-926-1189
mparcell@purdue.edu

Get Walkin' contact:
Marcia Parcell
812-926-1189
mparcell@purdue.edu

Get Walkin' contact:
Marcia Parcell
812-926-1189
mparcell@purdue.edu

Get Walkin' contact:
Marcia Parcell
812-926-1189
mparcell@purdue.edu

Get Walkin' contact:
Marcia Parcell
812-926-1189
mparcell@purdue.edu