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 March 28, 2024 by sending your email to Marcia Parcell at mparcell@purdue.edu , walk, and get email support April 1-June 23, 2024.

WALK TO:

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

ALL FOR FREE!

DETAILS

Starting date: April 1, 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: March 28, 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

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