

# WALK WITH EASE

a program for better living

The *Walk With Ease* self-directed program is a great way to build habits for regular physical activity.

- **FREE to join**
- **Participate from anywhere!**
- **Start anytime!**



## Key Features of the Fully Online Program:

- *Evidence-based program with proven results*
- *Manageable 6-week plan to create new healthy habits*
- *Self-guided lessons with goal setting and tracking resources*
- *Video-based content to learn new skills*



Contact Us: [info@iacommunityhub.org](mailto:info@iacommunityhub.org)

Or call: 515-635-1285

Visit our website to learn more

[WalkWithEaseISU.org](http://WalkWithEaseISU.org)