

***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

**WALK TO:**

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

**ALL FOR FREE!**

program has you covered!

**Sign up by April 1, 2022 by sending your email to Marcia Parcell at** [**mparcell@purdue.edu**](mailto:mparcell@purdue.edu) **, walk, and get email support April 4-June 27, 2022.**

DETAILS

**Starting date:** April 4, 2022

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](mailto:mparcell@purdue.edu)

**Register by:** April 1, 2022

***Get Walkin’*** contact:

Marcia Parcell

812-926-1189

mparcell@purdue.edu

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Purdue University is an equal access/equal opportunity institution.