

PURDUE EXTENSION  
**GET WALK<sup>IN</sup>'**  
PROGRAM

*Helping Hoosiers get on their feet!*



SCHOOL OF NURSING



► **WANT TO IMPROVE YOUR HEALTH**  
*...but short on time ...and lack motivation?*

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

Sign up, walk, and get email support.

#### DETAILS

Starting date:

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:

Register by:



#### WALK TO:

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

**ALL FOR FREE!**



For more information or to join us, contact:



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