

JOIN US FOR A 15 MINUTE
walking club

Step away from your screen and enjoy a stroll with coworkers.

Studies show that walking for 30 minutes a day can increase cardiovascular health, strengthen bones, improve balance, and enrich your mental health.



Join us once or twice a day, Tues-Fri

✓ 9:00am

✓ 2:30pm

✓ whenever your schedule allows

