

BECAUSE WALKING IS FOR EVERYONE

CHOOSE 2 WALK

ENJOY BEING
OUTDOORS

WALK DURING
A BREAK

JOIN A WALKING
GROUP

OCT. 1 - DEC. 31

WALK FIVE DAYS PER WEEK 30 MINUTES PER DAY

ChooseWell
an OKHealth Wellness Program

OKHealth is a program of OMES

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OKHealth