

# windsor-essex **WALKS** at work

## JOIN OUR WORKPLACE WALKING GROUP TODAY!

Looking for a new and easy way  
to fit in daily physical activity?  
Consider joining our workplace  
walking group. Walking with your  
co-workers is a fun and social way  
to be physically active.  
Membership has its benefits!

Walking will help you:

- Increase your energy levels
- Reduce stress
- Manage your weight
- Feel better
- Reduce your risk for chronic illness

For more information contact:

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