



WALKING FOR MENTAL HEALTH

WED, OCT 14
11:30 AM – 12:30 PM

**WEBINAR
REGISTRATION**

WELLNESS.AZ.GOV
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Earn 25 HIP Points!

Walking is a common source of exercise for many people, and it has well-recognized physical health benefits.

But, did you know there are mental health benefits to walking, too?

Discover the benefits of meditative walking and walking in nature.