

# Lunch & Learn

**Join Us for This Convenient Online Event**

## **St. Luke's Healthy Workforce Presents:** ***Employee Partner Opportunities***

These virtual lunch and learn events are sponsored by St. Luke's Healthy Workforce – committed to exceptional care for every employee, every time



**To register:**  
**scan the QR code or**  
**use the link below.**



[bit.ly/LetsGetMoving2026](https://bit.ly/LetsGetMoving2026)

## **Let's Get Moving!**

*Julie Roesler, PT, DPT*

*St. Luke's Therapy Services*

**March 31, 2026**  
**12 PM-1 PM**

Are you wanting to exercise but not sure where to begin? Walking is an easy and efficient way to get started. Join Julie Roesler, PT, DPT to discuss walking form, exercise goals and recommendations, shoe considerations, and injury prevention to get you moving the right direction.