

Diversity Walk Playlist

Scan the QR code to listen to our Diversity Walk playlist on our Healthful Notes Spotify channel. This fun mix of upbeat songs can be background music while you walk and chat or enjoy whenever you feel like getting in some extra steps.



Share Your Diversity Walk Journey

Scan the QR code to upload a photo or video of your walk in the Diversity Walk channel on TeamTalk to share your journey with others!



Our DEI Work in Action

Our ministry offers a place of respect and inclusion and welcomes each person's diverse talents, experiences and backgrounds as gifts. We seek to grow always in our understanding and our value for each unique person, remembering we are all made in the image of God. With joy we answer Jesus' invitation, "Love your neighbor." To learn more about our DEI efforts, scan the QR code.



2024 FMOLHS Diversity Walk - Walk as One

WEEK OF APRIL 15

Diversity Month provides opportunities for team members to get to know each other better, which starts with listening and understanding. Listening to one another is key to forming connections with each other. **What better way to get connected than by taking a walk together?**

The What

Inspired by the journey of awareness St. Francis experienced, our Diversity Walk is a walking experience during which team members are invited to take a walk with a colleague or colleagues, particularly with those you may not know well, at a time that is most convenient for you.

The Why

Just as St. Francis went on his pilgrimage to Assisi, we encourage team members to go on their own pilgrimage by taking a walk and inviting a colleague to join them. Use the prompts on the next page to get to know one another better along the way.

The Where

We want to meet you where you are. Whether you are working remotely or in-person, take this time to take a walk and reflect on St. Francis' life and his lessons: Find peace in God's presence, respect the dignity of all life and embrace simplicity. There is still a way to participate if you are remote. Take a walk while you chat with a team member on the phone or via Teams. If offered, you can attend your ministry's local kickoff event.

The How

Take a walk with someone you'd like to get to know better. The walk can be as long as needed to answer the prompts we've provided. Healthy Lives offers the opportunity to earn points for your walk.

Diversity Walk Prompts

Social Determinants of Health (SDOH) are factors that impact our health at every stage of our lives. These factors include social-economic status, education, neighborhood composition, social support networks and built environment. Addressing SDOH is essential to reducing health disparities because they affect our health outcomes. This year our prompts will spark dialogue about SDOH and how we can work together to improve health outcomes.

1. Reflect on where you grew up, your neighborhood, school and immediate community. Describe your nearest grocery store, health clinic/physician, financial institutions, parks and recreation.
2. What has changed over time? Think about your current neighborhood and immediate community. Describe your nearest grocery store, park/fitness center (opportunities to walk, ride bikes and jog), and place to receive healthcare.
3. Think about how our health system has grown and changed over time. What ways have you seen our health system improve the health of our communities?
4. How have you seen our health system implement programs or benefits to improve team member health?
5. How might we further educate our team members about these programs and benefits?



Get Rewarded for Walking

Participating in the Diversity Walk earns you five points in our Total Rewards Health and Well-being program!

Scan QR code to access or visit healthyvillages.org.

