

2025 CommUNITY Walk

WEEK OF APRIL 14



This annual event held in honor of Diversity Month invites team members to take a walk and engage in meaningful conversations with colleagues they may not know well.

The What

Our CommUNITY Walk is a chance to step away from your daily routine and walk alongside a colleague. Like the ingredients in a rich gumbo, each team member brings their own unique flavor to our community. This walk is an opportunity to share stories, listen and learn from one another, blending perspectives to create something even more meaningful together.

The Why

Just as gumbo is more than the sum of its ingredients, our team is stronger and more vibrant when we embrace each other's backgrounds and experiences. Inspired by St. Francis' journey of reflection and connection, this walk encourages us to break down barriers, build understanding and celebrate the diverse "ingredients" that make our workplace feel like home. When we listen to one another, we create a culture where everyone feels they belong — because they do.

The Where

Wherever you are, you can join the walk. Whether you're working in-person or remotely, take a walk with a colleague or connect virtually over the phone or Teams. If your ministry is hosting a local kickoff event, join in! The goal is to meet each other where we are, physically and personally, and find common ground.

The How

Grab a teammate and take a walk. Use the provided conversation prompts to guide your dialogue, helping you uncover each other's stories and perspectives. The walk can be as short or as long as you need. What matters most is the connection you create. And if you're part of Healthy Lives, you can earn points for your walk too.

CommUNITY Walk Prompts

1. Where did you grow up? Tell me about your family. Do you have any siblings?
2. What are some simple yet meaningful actions we can add to our daily routines to help everyone feel included and connected, making sure that every person feels seen, valued and understood?
3. What specific experiences, values or relationships that make you feel truly connected, and how do those elements shape your sense of belonging or purpose here?
4. If you could talk to your younger self from five years ago, what advice or insights would you share? How have you grown or changed since then, and what realizations have shaped who you are today?
5. How can we create an environment where we genuinely support each other's growth and success in a collaborative and uplifting way?

Get Rewarded for Walking

Participating in the CommUNITY Walk earns you five points in our Total Rewards Health and Well-being program! Scan QR code to access or visit [healthyives.org](https://www.healthyives.org).



CommUNITY Walk Playlist

Scan the QR code to listen to our CommUNITY 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 CommUNITY Walk Journey

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



Our Culture of Belonging

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 Health Equity & Belonging efforts, scan the QR code.