

2026 CommUNITY Walk

WEEK OF APRIL 20



In honor of Diversity Month, team members across our ministry are invited to participate in the annual CommUNITY Walk, a chance to step away from the day's routine and connect with colleagues through conversation and shared movement.

THE WHAT

The CommUNITY Walk is an opportunity to step outside, slow down and walk alongside a colleague. It's a simple way to connect, listen and learn from one another.

This year's theme is sustainability, not only caring for the earth, but sustaining the relationships, respect and understanding that make our ministry stronger. As a Franciscan ministry, we believe caring for one another and caring for creation go hand in hand. Sustainability means investing in what lasts: our people, our mission and the communities we are privileged to serve.

Every conversation helps nurture a workplace where people feel seen, valued and supported.

THE WHY

Sustainable communities don't happen by accident. They grow when people take time to intentionally connect.

Inspired by the spirit of St. Francis, who saw connection between people, creation and community, this walk reminds us that small actions can have lasting impact. A simple conversation can deepen understanding, build trust and help sustain a culture where everyone belongs.

When we walk together, we help ensure the compassion, respect and collaboration that define our ministry continue to thrive, today and for generations to come.

THE WHERE

Wherever you are, you can participate.

Take a walk with a colleague on campus, outside your office or in your neighborhood. If you work remotely, connect with a teammate by phone or Teams while you walk.

Many ministries will also host local kickoff events. However you join, the goal is simple: connect where you are and walk together.

THE HOW

Grab a colleague and take a walk.

Use the conversation prompts to guide your discussion and learn more about each other's experiences and perspectives. Your walk can be as short or as long as your schedule allows. What matters most is the time spent connecting.

If you're part of Healthy Lives, your walk also earns points toward your well-being rewards.

COMMUNITY WALK PROMPTS

- What first drew you to healthcare, or to working at FMOL Health, and what keeps you here today?
- Can you share a moment at work when you felt genuine joy or gratitude for what we do?
- What does a healthy, sustainable workplace culture look like to you?
- What's something in your area that makes you proud of the care we provide?
- When have you felt most connected to the mission of our ministry?
- As we move forward together, what's one thing you hope we continue to strengthen or sustain?

GET REWARDED FOR WALKING

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

Scan the QR code to access Healthy Lives or visit [healthy lives.org](https://www.healthy lives.org).



COMMUNITY WALK PLAYLIST

Scan the QR code to listen to our CommUNITY Walk playlist on the Source Notes Spotify channel. Enjoy this upbeat mix of songs while you walk and talk or anytime you want to add a few extra steps to your day.



SHARE YOUR COMMUNITY WALK

We'd love to see your walk in action.

Scan the QR code to upload a photo or video in the CommUNITY Walk channel on TeamTalk and share your experience with colleagues across our ministry.



OUR CULTURE OF BELONGING

Our ministry is committed to creating a workplace rooted in respect, inclusion and belonging. We welcome the diverse talents, experiences and perspectives of each person as gifts.

To learn more about our Health Equity & Belonging efforts, scan the QR code.

