

# COMMUTE TRIP REDUCTION PROGRAM

## Workplace Walking Ambassador Workshop



Recent survey results show that more and more employees in Fremont/Greenlake are choosing to walk to work. In order to leverage this emerging trend, the [Seattle Department of Transportation \(SDOT\)](#) is partnering with [Feet First](#) to host an employer based walking workshop that will help you deliver a program that encourages your employees to walk more and drive less.

This workshop is **free** and open to everyone at your workplace that is interested in learning more about the benefits of employer walking programming and how supporting walking programs can help you achieve your CTR and business goals.

### LEARN ABOUT:

1. Benefits of supporting an employer-based walking program
2. Best practices for running an employer-based walking program
3. Information about neighborhood specific themed walking routes being developed for Fremont and Green Lake employers
4. Training on how to lead organized walks in your neighborhood

**When:** Wednesday, March 11,  
10 AM to 12 PM

**Where:** 801 N 34th Street, Adobe

**RSVP:** [mark.melnyk@seattle.gov](mailto:mark.melnyk@seattle.gov)