



UK Cooperative
Extension Service
FAMILY & CONSUMER SCIENCE

FALL WALKING PROGRAM

OCTOBER 6th-
NOVEMBER 30TH

**THIS 8 WEEK INDEPENDENT
PROGRAM IS GEARED TO
CREATE STEADY EXERCISING
HABITS AT YOUR OWN PACE.**

**CALL TO REGISTER AND TO
RECEIVE YOUR WALKING LOGS
606-337-2376**

INCENTIVE ITEM FOR COMPLETION



Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Louisville, KY 40005



Disability
services
with