

Calhoun County Extension
311 Henry Barber Way, Suite 1
Port Lavaca, Texas 77979



Walk-N-Talk

Free Pool Walking Program

TEXAS A&M
AGRI LIFE
EXTENSION

Every Wednesday: Port Lavaca Pool—6:00 pm—Adults Only

May 19th — August 25, 2021



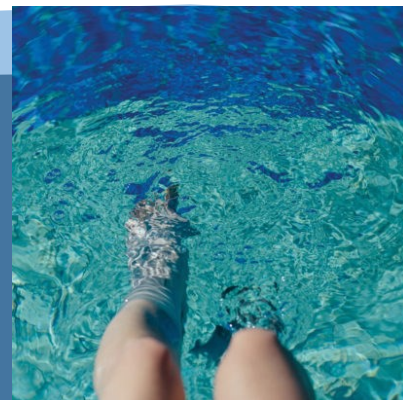
Come and join us in this fun activity. You will have support from friends, receive handy kitchen incentives and recipes. This will help get you into the habit of walking. We will be talking about a different fruit or vegetable each week and learn different tips and tricks. Denim is not allowed in the pool, but if you do not have a swimsuit shorts and a T-Shirt can work, so do not let that stop you.

This program is presented by Texas A & M AgriLife Extension Service and the Better Living for Texans



Thank You!
YMCA and the City of Port Lavaca
for letting us use the pool!!

Calhoun County Extension Office
(361) 552-9747
Karen Lyssy
Family and Community Health Extension
Agent
karen.lyssy@ag.tamu.edu



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