

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



Walk-N-Talk

Free Pool Walking Program

Two (2) days a week and you can attend **both days!!!!!!**

Every Monday: Point Comfort Pool—8:30 am—Adults Only

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

*** June 3rd—July 31, 2019**

TEXAS A&M
AGRI LIFE
EXTENSION



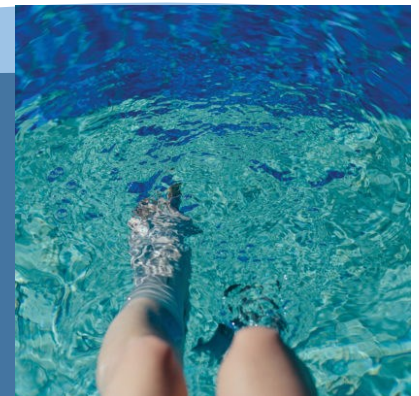
Come and join us in fun and practical exercising. You will have support from friends, receive handy kitchen incentives and recipes for success in the kitchen. Plus this will help get you into the habit of walking. Talking about fruits and vegetables, learn different tips and tricks from fellow community members and enjoy a healthy physical activity.

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



**Thank you YMCA for
letting us use the
pools!!**

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