

## **Walk Across Texas / Walk and Talk:**

An eight week program containing of meeting weekly over eight weeks to reach the following goals.

- Promoting Physical Activity
- Providing Information about Benefits of Fruits and Vegetables
- Encouraging Healthy Eating Habits



All the information contained in our lessons, activities and handouts come from research based data. I would enjoy the opportunity to share this information with your clients. Please give me a call to answer any questions you may have or discuss the opportunity available. I look forward to hearing from you and setting up future programs.

