

Walk and Talk Program Kick-Off

The Texas A&M AgriLife Extension Service office in Rains County will host a **FREE** Walk and Talk program beginning in April. This program will be held in conjunction with the Walk Across Texas program.

The program encourages people to develop a habit of regular physical activity. It can be walking, running, dancing, gardening, swimming or any other form of exercise for an eight-week period. You can walk together, individually, outside, at a mall, at a grocery store, or at a gym – any way that fits your schedule and lifestyle. Each 20 minutes of exercise counts as one mile. It is also a great way to get the entire family involved in developing an exercise regime together.

The Kick-Off date is Wednesday, April 18, 2018 at 8:30 a.m. at Sandy Creek Park (across from the Rubye McKeown Park). There will be an information meeting, followed by a nutrition lesson and then everyone will walk around the paved walking trail together. During the eight-week period the Family & Community Health Agent, Denita Young, will meet with you three more times to present another type of nutrition and health and wellness program. The other weeks you will walk on your own.

If you have wanted to start getting in shape and eating healthier, this is the perfect way to do so and it's **FREE!** For more information, please contact Denita Young at 903-473-4580 or email at djyoung@ag.tamu.edu.

We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.