

Spring

Edition

FitTober

Live Work Move TOGETHER

UK Cooperative Extension Service

Owensboro Health
Twin Lakes Medical Center

Community Health Committee

April 1 - April 30

TO PARTICIPATE:

✓ Sign up

Scan the QR Code,
click the link,
or call the Extension Office

✓ MOVE!

Any or all days!
ALL movement counts!

✓ Log your steps!

On paper, an app, your
watch, however!

✓ Turn in your steps:

GC Extension Office
Thursday, April 30
8-4pm



Register now by scanning the QR code with
your smart phone or visit grayson.ca.uky.edu
for more info and to register.

For more information, call the
Grayson Co Extension Office
270-259-3492

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Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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