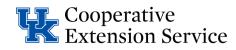


Community Health



## Live Work Move TOGETHER

## October 1 - October 30

## TO PARTICIPA

✓ 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!

Thurs, Oct 30 10a-2p Turn in your steps: Drive Thru Steps Drop **Grayson Co Ext Office** 

For more information, call the Grayson **Co Extension Office** 



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

FREE T-SHIRTS FOR THE FIRST 50 PARTICIPANTS WITH MORE THAN 210,000 STEPS FOR THE MONTH! FREE GIFT FOR ALL PARTICIPANTS!

> Cooperative **Extension Service**

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Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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