

FitTobber

Live Work Move TOGETHER

October 1 - October 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: Thurs, Oct 30 10a-2p 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!

