



**WALK
ACROSS TEXAS!**

TEXAS A&M AGRILIFE EXTENSION

TAKE THE FIRST STEP TO A HEALTHIER LIFE.

Walking is one of the least expensive and easiest ways to get fit. Start now and reduce your risk of cancer, diabetes, heart disease and stroke. Join other Texans and Walk Across Texas! towards a healthier lifestyle.

***Contact Person** (name with email &/or phone): **Jacque Behrens** jabehrens@ag.tamu.edu, 325-597-1295 FCH agent & **Haley White** - haley.white@ag.tamu.edu, 325-597-1295

***Where to register** (walkacrosstexas.tamu.edu &/or other locations to register?): **Tractor Supply Company @ noon on February 12 or online at walkacrosstexas.tamu.edu**

***Start Date: February 17**

***End Date: April 13**

Registration Deadline: February 15

Kick-off event w/date, time, location (ONLY if you have a special event planned, not just the start date): **Tractor Supply Company, February 19 @ 5:00 p.m.**

Midway event w/date, time, location (if applicable): **March 12 at 2:30 p.m. at McCulloch Extension Office** (tentative time)

Celebration event w/date, time, location (if applicable): **April 16 at 6:00 p.m. at Court House on the Square.**

Website/Facebook/Twitter (if applicable, where participants can see more info about your WAT event): Mcculloch.agrilife.org

To whom is this event open? Public, Worksite, School? If not open to the public, please specify who can participate.

***Required fields**

Feel free to provide any other information you would like to include. You are welcome to send me flyers and brochures with the appropriate information. I can usually post these directly to the site if they are in .jpg format. If not, I can extract the information from them and enter it into the "Events" section. If you have these documents posted to your own website, I can link to them if you send me the location (website address/url).

Need my help? Feel free to contact me
Janet Pollard (979)845-3850 jpollard@ag.tamu.edu

Janet M. Pollard, MPH
Extension Associate – Health
Texas AgriLife Extension Service
Family & Community Health
Ph (979)845-3850
jpollard@ag.tamu.edu