



WALK N TALK

FRUIT & VEGETABLE



Take a walk with us!

During this Walk N Talk series, friends, family, and others from the community come together to support one another in a fun, simple way.

Those who participate:

Enjoy walking with friends

Feel confident adding more fruits and vegetables into their diet

Develop healthy habits with ease

Try tasty fruit and vegetable samples

Have a great time!



Walk N Talk is an 8-week series, each session lasts 45-60 minutes.
Each week, a new fruit or vegetable will be featured.

For more information, contact:

Thursdays, Sept. 24, Oct 1, 8, 15, 22, 29
Nov. 5, 12

Time: 12:00-1:00pm



USDA is an equal opportunity provider and employer.
This material was funded by USDA's Supplemental Nutrition Assistance
Program - SNAP.

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