

## **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.

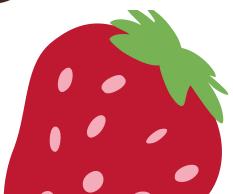
For more information, contact:

Thursdays, Sept. 24, Oct 1, 8, 15, 22, 29

Nov. 5, 12

Time: 12:00-1:00pm





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