## TALK TALK

A month long walking challenge to kick start your fall routine!

## **ALL OCTOBER**

TUESDAYS © 5:30 PM THURSDAYS © 8 AM

Muhlenberg County Extension Office 3690 State Route 1380 Central City, KY 42330

Free bio-metric screening the first week provided by the Muhlenberg County Health Department.

**SIGN UP TODAY!** (270) 338-3124



## Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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

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