



WALK and 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.

Weekly Prizes



FIT BIT

BELT BAG

BLUETOOTH HEADPHONES



STANLEY WATER BOTTLE

SHOE SENSATION GIFT CARD

SIGN UP TODAY!
(270) 338-3124

