



WALK 'N TALK

Walk N Talk is a physical activity and nutrition education class where we will meet to "Walk" and "Talk" about choosing healthy drinks and the importance of hydration.

- It's FREE!
- We will meet once a week and then keep a log of the physical activity we do throughout the week.
- Our goal is to collectively reach 834 miles (the distance across Texas) in eight weeks. Any type of physical activity can count towards our miles using the equivalency calculator.
- Each participant will receive:
 - an ICE CHILL'R water bottle
 - a Watch pedometer
 - Infused water samples & recipes

RETHINK YOUR DRINK!

Tuesdays • 8 a.m.
Lubbock Dream Center TLC
1111 30th Street

January 7-March 31, 2019

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