



# 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:

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### Time:

TBA

### Location:

TBA



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