

# WALK 'N TALK

## RETHINK YOUR DRINK!

Walk with us!

Those who participate will:

- \*Enjoy walking with friends
- \*Build confidence in choosing healthy beverages
- \*Develop healthy habits with ease
- \*Have a great time!

Walk 'N Talk is an 8-week series; each session lasts 45-60 minutes. Topics focus on beverages that support hydration, nutrition, and healthy weight.

For information, contact:

Time/Location:

Please scan QR code to  
register to walk



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