



Walk Your Way to a Healthier You

Come join the fun! This program will help you increase your level of physical activity. This series is for Food Stamp recipients or those receiving other assistance.

When you enroll in WalkWays you will use a pedometer to count the number of steps you currently take each day. You'll learn some practical ways to increase your steps so that it becomes part of your daily routine.

WalkWays, is a series of 4 sessions. At each session you will learn more about walking and healthy eating. You will be able to share your successes and challenges with others.

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