

Texas A&M Agrilife Extension &
Better Living For Texans Presents...

WALK AND TALK

Azle Memorial Library

June 7 – July 26 (Fridays)

8:30AM-9:30AM

*come and go as needed

8:30AM-meet at amphitheater benches and walk

9:00AM-go inside library for food tasting/ discussion

**another chance to walk after meeting in the library

Let's take little steps together towards a more vibrant and energetic life.

- Receive recipes
- Taste food samples
- Establish the habit of regular physical activity
- Track your weekly progress.
- Door prizes for all who attend at least 6 sessions!

For more information, contact:
(817) 598-6168

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Facebook Page: Better Living For Texans-Parker County