

Shape Up and Go Green!

Campbell County Environmental
Education Center
1261 Race Track Road
Alexandria, Kentucky 41001

Open to everyone—families, adults
and youth. (children under 18 must
be accompanied by an adult.)



Come walk and learn with us every Tuesday
July 1—August 26 from 10:00 a.m. to noon
for 8 weeks. Neat topics and incentives for
participation will be provided. You will re-
ceive a pedometer at the first walk in order
to track your miles over the 8-week period.

We will be at the Environmental Education Center
from 10:00 to noon to walk with you and help you learn
more about the environment starting Tuesday, July 1
through Tuesday, August 26 (see detailed schedule on
the back).

Registration is required by calling 859-572-2600.

DJ. Scully

DJ. Scully
County Extension Agent for Natural Resources
and Environmental Management

KATE VAUGHT

Kate Vaught
County Extension Agent for Family & Consumer Sciences





Shape Up and Go Green Schedule

Date	Time	Session Information	Incentive
July 1	10:00 a.m. to noon	Kickoff—How to walk properly, nature hike & gather basic individual health information	Pedometers for everyone
July 8	10:00 a.m. to noon	Walk the Trails	Water bottles for everyone
July 15	10:00 a.m. to noon	-Special Program: Edible and Medicinal Plants -Walk the Trails	Drawing for Edible and Medicinal Resource Guide
July 22	10:00 a.m. to noon	Walk the Trails	Drawing for Smoothie Maker
July 29	10:00 a.m. to noon	-Special Program: Organic Foods 101 presented by Ronda Rex* -Walk the Trails	Organic Food tasting for everyone
August 5	10:00 a.m. to noon	Walk the Trails	Drawing for Steamer
August 12	10:00 a.m. to noon	-Special Program: Zumba Dancing -Walk the Trails	Drawing for Walking Weights
August 19	10:00 a.m. to noon	-Special Program: Green Cleaning presented by Ronda Rex* -Walk the Trails	Drawing for Walking Stick
August 26	10:00 a.m. to noon	Nature hike, collect individual walking logs and celebrate all your hard work	T-shirts for everyone Drawing for Gift Card for Walking Shoes

*Campbell County Agent for Family and Consumer Sciences

