



Have you been looking for a way to be more active with your family?

The Oldham County Cooperative Extension Service and Oldham County Health Department have teamed together to offer your family the opportunity to participate in a six week fall and spring walking and activity program.

The Fall Program will begin on Monday, October 5th



- ✓ Families will collect their steps, record them, and turn the step counts in to the Extension Office.
- ✓ Each week you will receive a weekly calendar with lists of fun family activity ideas
- ✓ Incentives and small surprise gifts will be awarded throughout the program
- ✓ All participants that turn in step counts all six weeks will be placed in a drawing for great PRIZES including an IPOD shuffle



If you are interested in being part of our **“Get Moving Kentucky: Families on the Move”**,

Please fill out and return the form below to the Oldham County Cooperative Extension Office, 1815 N Hwy 393, LaGrange, KY 40031-8632. Upon completing this form you and all members of your family will receive a free pedometer, incentives, and tracking forms for your steps. Information may be emailed to crivera@uky.edu

Forms need to be in by **October 2nd**

For more information on this program, please call 222-9453.

Adults Participating in Family: _____

Children in family participating with ages: _____

Family Address: _____

Family Contact Phone Number: _____

Family Email if Available: _____