



Are you interested in an opportunity for your family to become more active?

The Pendleton County Cooperative Extension Service and Three Rivers 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 community resources for walking and other resources to assist you in becoming more active.

Incentives will be awarded throughout the program

All participants that turn in all six weeks will be placed in a drawing for 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 Pendleton County Extension Office, 45 David Pribble Dr. Falmouth. 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 sharon.corbin@uky.edu.

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

For more information on this program, please call 654-3395.

Adults Participating in Family: _____

Children in family participating with ages: _____

Family Address: _____

Family Contact Phone Number: _____

Family Email if Available: _____



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