



FOR IMMEDIATE RELEASE
July 3, 2019

Media Relations & Communications
Office: 727.815.7177
pio@mypasco.net

Let's Walk Florida: Pasco Extension Kicks Off Wellness Program

~~New 12-week walking program promotes community wellness~~

LAND O' LAKES, FL ---- Start stepping toward a healthier future! [UF/IFAS Extension Pasco County](#) is now offering Let's Walk Florida, a 12-week program designed to encourage community members to team up in pursuit of a lifelong walking habit.

Anyone can participate in the program aimed at promoting physical wellness among Floridians. Walking reduces the risk of heart disease and some cancers, improves blood pressure, blood sugar levels, energy, mood and more.

- WHAT:** Let's Walk Florida Kickoff Event
- WHERE:** 5401 Land O' Lakes Blvd, Land O' Lakes, 34639
(Then walk anywhere, anytime during the 12 weeks!)
- WHEN:** July 30, 5:30 p.m. to 6:30 p.m.

Walkers can choose from health, fitness and performance tracks. Participants work toward goals at their own time and pace, reporting results to the Pasco County Extension Office.

Program registration is \$10 per person and all ages are welcome. Participants can sign up as teams or individually, or request to be assigned to a team. The first 50 registrants will receive a pedometer and water bottle.

Register and reserve your spot by July 28, 2019, at: bit.ly/LetsWalkFL.

UF/IFAS Extension Pasco County assists Pasco County residents by developing and delivering practical, educational programs in environmental horticulture; sustainable agriculture; 4-H and youth development; and family and consumer sciences. For more information, including volunteer opportunities, visit our website: <http://bit.ly/2I7gTs5> or call us at 352.518.0156.

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