



WALK  
ACROSS TEXAS!  
25<sup>TH</sup> TEXAS A&M AGRILIFE EXTENSION  
YEAR ANNIVERSARY ★ 1996-2021

HELP US CELEBRATE 25 YEARS OF PROMOTING AN ACTIVE LIFESTYLE - JOIN TODAY!

Walking is one of the least expensive & easiest ways to get fit. Start now & reduce your risk of cancer, diabetes, heart disease, & stroke. Join other Texans & Walk Across Texas! towards a healthier lifestyle.

March 21, 2022 - May 15, 2022

Contact Kerr County Extension Office  
830-257-6575 or [afiedler@ag.tamu.edu](mailto:afiedler@ag.tamu.edu)

- *Form a Team of 8*
- *Register Your Team*
- *Track Your Miles for 8 weeks*

Visit the website & register today:  
<http://howdyhealth.org>

