



# WALK ACROSS TEXAS!

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

## MARCH 11 - MAY 5

## REGISTER OR JOIN A TEAM TODAY!

Registration Information on our website at:  
<https://fortbend.agrilife.org/fch/physical-activity/walk-across-texas/>

TEXAS A&M  
**AGRILIFE**  
EXTENSION



For more information on how to register:  
Victoria Zwahr @ 281.342.3034 or  
by email at [victoria.zwahr@ag.tamu.edu](mailto:victoria.zwahr@ag.tamu.edu)

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