



UF | **IFAS Extension**
UNIVERSITY of FLORIDA

Let's Walk Florida!

GOT 30?

Improve your health in only 30 minutes a day!

**Escambia, Santa Rosa,
Okaloosa & Walton
Counties**

**Program Begins Feb. 13th,
Register by Friday, Feb. 17th
Let's Walk Florida!**

Compete with others from your county to earn awards and prizes!

PRE-REGISTRATION IS REQUIRED- \$15

Escambia County Dorothy Lee
Phone: (850) 475-5230; Email: dcllee@ufl.edu

Santa Rosa County Ginny Hinton
Phone: (850) 292-4635; Email: ghinton@ufl.edu

Okaloosa & Walton Counties
Jill Breslawski Phone: (850) 689-5850;
Email: jbreslawski@ufl.edu

Let's Walk Florida! is a 6-week, virtual educational program designed to help Floridians achieve health through physical activity.

You will:

- Receive weekly Health eGuides delivered to your phone or email
- Attend group check-ins with county-based health educators
- Join our virtual community to track your progress for accountability and support
- Participate in physical activity challenges with other walkers!

JOIN NOW!

STEP 1: REGISTER AT
[HTTPS://LWF.IFAS.UFL.EDU](https://LWF.IFAS.UFL.EDU)

STEP 2: MAKE PAYMENT AT
[HTTPS://BIT.LY/LWFWN23](https://bit.ly/LWFWN23)

Scan now to register!



Scan now for payment



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