

# WALK N TALK



**LET'S GET  
MOVING!**  
FOR BETTER  
HEALTH

**ONLY YOU  
CAN MAKE  
IT HAPPEN!**  
CHOOSE  
LIFE!

**GLASS RECREATION CENTER**  
**501 W 32nd St, Tyler, TX 75702**

## 8-WEEK SESSION

### SCHEDULE

**Oct. 22, 2024**  
**Oct. 29, 2024**  
**Nov. 5, 2024**  
**Nov. 12, 2024**

**10:00-11:00  
AM  
EACH  
SESSION**

**Nov. 19, 2024**  
**Dec. 3, 2024**  
**Dec. 10, 2024**  
**Dec. 17, 2024**



Erica Davis

**BLT Agent Smith County**

