

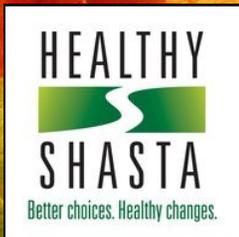


# **WALKTOBER CHALLENGE**

**Oct. 1st -31st**

**Tracking Physical Activity 1 step at a time.**

Contact [WalktoberChallenge@gmail.com](mailto:WalktoberChallenge@gmail.com) for questions or if you plan to participate!



Brought to you by the Healthy Shasta Health Works Group.