



# DeKalb County Cooperative Extension

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## DeKalb Extension Announces Walk Georgia Open Enrollment

DeKalb Cooperative Extension invites you to spend eight (8) weeks increasing your physical activity level in a fun, community-oriented way. Walk Georgia dates for the **2009 Fall Event** will be **September 6th – October 31st**. **Registration** will be from **August 23rd to September 8th**. The purpose of this interactive, web-based tool is to help you:

- Track your regular physical activity.
- Get fit and healthy.
- Increase the habit of regular physical activity.
- Get support from others who are also interested in becoming more active.
- Have fun!

This program is sponsored by DeKalb Cooperative Extension and its partners. **We are currently seeking team captains to head walking teams.** Please contact Walk Georgia County Administrator, Yolanda Moore at [y Moore@co.dekalb.ga.us](mailto:y Moore@co.dekalb.ga.us) to sign-up as an individual or as a team. For more information and to enroll, please visit <http://www.walkgeorgia.org/> .

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