

*Let's walk **TOGETHER!***



Healthiest State Annual Walk October 5, 2022

Let's get walking Tama County!

Join us for Iowa Healthiest State 12th Annual Walk.

Together we can help Iowa become the healthiest state in the nation!

Tama County Courthouse

100 West High Street, Toledo

Noon to 1:00 pm

Encouraged to walk for at least 30 minutes, so come and go as you can!
Bottled water will be provided.

**IOWA STATE
UNIVERSITY**
Extension and Outreach



Healthiest State
INITIATIVE



Public Health
Prevent. Promote. Protect.