



COMAL COUNTY

PUBLIC INFORMATION

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Extension Office kicks off Walk Across Texas challenge

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NEW BRAUNFELS — The Comal County office of the Texas A&M AgriLife Extension Service will host a Walk Across Texas kickoff event at the Westside Community Center in New Braunfels on Tuesday, March 7.

Walk Across Texas is a free, eight-week program designed to help Texans become more active, said Krystal Snider, Comal County extension agent for education.

“Lack of physical activity can have negative impacts on health and wellness,” Snider said. “Walk Across Texas is a fun way for residents to challenge themselves to get more active.”

The kickoff event will begin at 10 a.m. and feature events throughout the day, as well as opportunities to walk or participate in activities on a come-and-go basis from 10-11:30 a.m. and 1:30-5 p.m.

The event will also feature a Zumba class at noon, a corps fitness class at 5:30 p.m. and team motivation fitness camp at 6:30 p.m.

In addition to the activities, members of the community will be able to get more information about participating in Walk Across Texas at the kickoff event, Snider said.

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