



www.2ndsundayky.com

BE THERE. BE HEALTHY.

October 10,

Take the 10.10.10 Challenge for Second Sunday

Communities across the state are planning events or activities on October 10 to encourage families to GET ACTIVE! As you know Kentucky is always ranked in the top 10 states for obesity and obesity-related diseases. So take the 10.10.10 Challenge and plan to get active on Sunday, October 10!

There will be several prizes and Tee-shirts provided. To get your Second Sunday tee-shirt give us a call at 845-2811 and tell us how many your family needs (supplies are limited).

On 10.10.10 get active and then report to us what you or your family did. We will have several prizes to award through a random drawing of those who report participating in an active activity!! The possibilities are endless: hike, bike, walk, climb, work in your garden, walk the dog, wash the car, clog, play ball, canoe, clean the house etc. Then give us a call at the Henry County Extension Office at 845-2811 to let us know what you did by October 13 to be eligible for the drawing.

Prizes include a \$50 gift certificate from the Henry County Chamber of Commerce and a "Living Well Cookbook" (a \$25 value)

YOU ARE INVITED.

2nd Sunday

is a statewide event that encourages all forms of physical activity in the comforts of local community, and is designed to get Kentuckians on their feet and moving.

