

EVERYBODY WALK ACROSS PENNSYLVANIA



90% of survey participants said their mental health improved & 88% said their physical activity increased during the spring walking challenge.

When: Sept. 11-Nov. 6, 2023



ELIGIBLE FOR INCENTIVES IF YOU WORK OR LIVE IN FRANKLIN COUNTY

Everybody Walk Across Pennsylvania is a free eight-week virtual walking program offered in the spring and fall by Penn State Cooperative Extension. This program is great for worksites, schools, community groups, and individuals. Healthy Franklin County is promoting this program and offering incentives.

REGISTER BY SEPTEMBER 1, 2023!

Info at healthyfranklincounty.org/moveformentalhealth



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