

## **Walk this Weigh Chickasha planned**

Losing weight and getting fit can be as simple as clipping a pedometer on your waistband and starting a walking program. On Saturday, October 14th the Interagency and Community Coalition of Grady County will kick off WALK THIS WEIGH, CHICKASHA! The event will be at the YMCA, 725 W. Chickasha, 10am-12pm. There will be free health screenings and free pedometers, t-shirts, and passports to health (while supplies last).