



Walk This Weigh Kicks Off

In photo at left, Julie Selman, Health Educator for the Murray County Health Department, left, hands a walker a free pedometer at Saturday's "Walk this Weigh" event in downtown Sulphur.

The event introduced residents to the downtown walking path now available. Music will play on the speaker system and the lights will be on from 5:00 -10:00 p.m. each night for anyone who wants to enjoy an evening walk.

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