



NORTH DAKOTA

NDSU
Extension Service

You're invited to join hundreds of people across North Dakota improving their health by WALKING!

Join Walk North Dakota!

**2009 Walking
Challenge Dates**

Jan. 11 – March 7, 2009

April 12 – June 6, 2009

Sept. 13 – Nov. 7, 2009

Visit www.walknd.com for registration information, or contact your county office of the NDSU Extension Service.



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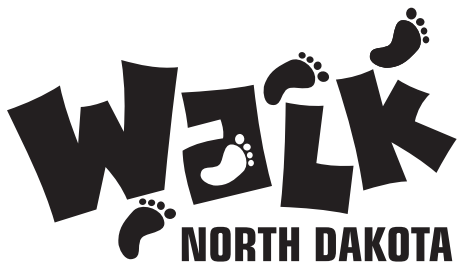


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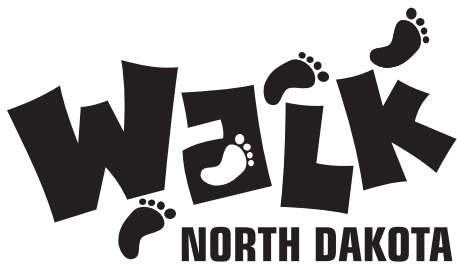
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