



UNIVERSITY OF GEORGIA  
**EXTENSION**  
Grady County



# Register Now:

## Walk-A-Weigh Grady

Starting November 4, 2025 at 5:00 pm

**UGA Grady County Extension Office**

65 11th Ave NE, Cairo, GA

## Program Outline

- 8 Week Walking and Wellness Program
- Weekly Virtual Wellness Lessons
- Weekly 30-45 minute walk
- Weekly Weigh-Ins

**Register Online**



**An Equal Opportunity, Affirmative Action,  
Veteran, Disability Institution**

University of Georgia is an Equal Opportunity, Affirmative Action, Veteran, Disability Institution. If you need a reasonable accommodation or language access services, contact the Grady County Extension Office at 229-377-1312 or [janette.burkes@uga.edu](mailto:janette.burkes@uga.edu), at least three weeks prior to the program date.

**TELL A  
FRIEND!**

