



University of Kentucky  
College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*

FAMILY &  
CONSUMER  
SCIENCES



*Creating Healthy & Sustainable Families*



Physical Activity With Soul





Physical Activity With Soul



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# P. A. W. S. – Kick-off Pilot Group



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# **Autumn Challenge Hike – 3.2 Miles**

## **Lake Cumberland State Park**

### **Baugh Branch Trail**