



December 7, 2015

Brown County Better Living for Texans Program Update

Better Living for Texans has entered into a new fiscal year as of October 1, 2015. We finished out the previous year with a total of 74 graduates from our evaluation series.

In the course of 2015 Better Living for Texans has implemented programs at the following:

- Family Services Center Parenting Classes
- Parents group at Coggin Park
- Christian Women's Job Corps
- Senior Health Fair with CARE
- Early ISD ACE Program
- Brownwood Apartments
- Infant and Toddler Head Start
- Brownwood Regional Medical Center Senior Circle
- Howard Payne University Health Fair
- Step by Step Childcare
- The Ark
- Brownwood Regional Medical Center Health Fair
- May Senior Citizens Center
- Stripes Employee Wellness

Better Living for Texans Brown County has rolled out two new programs October 1st! *A Fresh Start to a Healthier You* focuses on food safety, creating a healthy plate, saving money at the grocery store and celebrating small bites. This new series includes the optional 4th program as a way to congratulate participants in their completion of the series. The *Walk and Talk* program gives participants to opportunity to not only learn about healthy fruits and vegetables but to also get active with a group and participate in Walk Across Texas.

BLT Brown County has also been asked to serve on a committee to increase marketing on social media for Better Living for Texans. A toolbox for this endeavor is in the works and will be presented at the February 2016 Professional Development meeting for all BLT Assistants.

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(Exhibit #6)