

6 Keys to Victory Over Stress

Lunch-n-Learn

March 7th, 2019

11:30-1:30

Come and Go

Brown County Sheriffs Office

2019 Challenges:

6K a Day March 11 – April 21

Log 30 days of 6,000 steps to complete the contest!

County vs County May 13 – June 23

Log 30 days of 6,000 steps to complete the contest!

Keep Texas Active July 8 – September 1

Log 30 days of 7,000 steps to complete the contest!

Healthy for the Holidays October 21 – December 1

Log 30 days of 7,000 steps to complete the contest!

FREE LUNCH



Please RSVP by March 5th at Courtney.Parrott@ag.tamu.edu



Together. Better. Stronger.

The Texas A&M University System shall provide equal opportunity for employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity.

TEXAS A&M
AGRILIFE
EXTENSION

February 4, 2019
(Exhibit #3)