

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

March 4, 2019
(Exhibit #2)