

Wendy Hamilton
Extension Agent - Better Living for Texans
Program Highlights

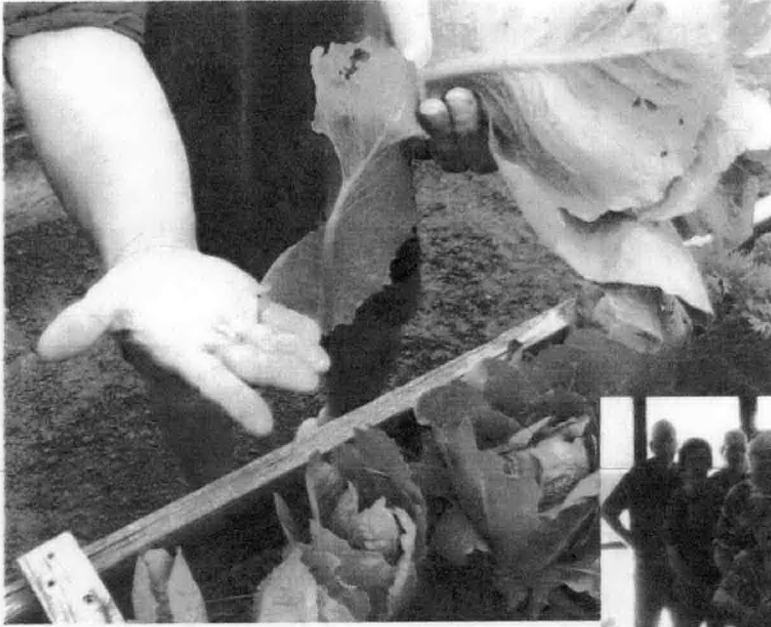
FY 2019

ADULTS	Sessions Delivered	Contacts	Graduates Completed Series
A Fresh Start to a Healthier You! (18 – 50 y.o.)	25	184	41
Walk N Talk (adults)	32	194	21
Growing and Nourishing Healthy Communities (adults)	6	38	4
Be Well, Live Well (50 y.o. on up)	35	512	43
One Shot Sessions	8	59	NA
TOTAL	106	987	109
YOUTH			
One Shot Sessions	5	50	NA
TOTAL	5	50	0
GRAND TOTAL	111	1037	109
FY 2019 (Oct – Sept)			

FY 2019 - This data is from the months 10/1/2018 through 9/30/2019

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December 9, 2019
 (Exhibit # 12)



Growing and Nourishing Healthy Communities (GNHC) is a six month gardening program. This is the first time Brown County BLT ever taught a gardening program. A partnership was established with Brownwood Area Community Garden (BACG). A total of 6 sessions were held resulting in 38 contacts and 4 graduates.



Be Well, Live Well is a new series for retirees and active adults. The series promotes independence and healthy aging. Brown County BLT taught a total of 35 sessions in Brown, Mills, and Callahan counties resulting in 512 contacts and 43 graduates.



**BETTER LIVING
FOR TEXANS**
TEXAS A&M AGRI LIFE EXTENSION

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