



FABLOW AgriLife



FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Frio, Atascosa, Bandera, Live Oak, & Wilson County.

GET CRAFTY WITH YOUR STOCKING

Supplies Needed:

1. Stocking
2. Any craft materials (ex: paint, fabric markers, puffy paint, etc)

Steps:

Have FUN!

MATCH IT UP!



Nicole



Jocelin



Jessica



Dru



HEALTHY GIFT IDEAS

This holiday season, consider adopting a health theme for your holiday shopping. To help, the Harvard T.H. Chan School of Public Health's Nutrition Department put together some fun ideas that serve as enjoyable and thoughtful gifts, and which can be motivational nudges toward living a healthier lifestyle. And, because the habits of your friends and family can rub off on you, in some ways it's like giving a gift to yourself as well!

Source: Harvard University
Link: <https://bit.ly/38DnF10>

These are a few of our favorite things



STEP UP SCALE DOWN COURSE

Step Up to a Healthier You

Starts January 11, 2021

Register now at AgriLifeLearn.tamu.edu
Cost: \$40

Are you ready for a healthy start to 2021? Register now for our Step Up Scale Down online course. Join us online to learn more information on changes to set up a healthy lifestyle related to nutrition and physical activity. You'll receive recipes, tips on setting and meeting goals, continuing motivation, and healthy ways to change your lifestyle. Register now at AgriLifeLearn.tamu.edu Online classes start on January 11, 2021.

ESSENTIAL OILS SAFETY ADVICE

Essential Oils are getting a lot of hype lately for helping with everything from headaches to concentration, but before you start using them, make sure you use them safely. **The safest ways to use essential oils include:**

- *Aromatherapy accessories: Necklaces, bracelets, and keychains made with absorbent materials you apply essential oils to and sniff throughout the day.*
- *Body oil: A mixture of essential oils with a carrier oil such as olive, jojoba, or coconut oil (that can be massaged into skin.) Because essential oils are concentrated, they can cause irritation. Avoid using them full-strength on skin.*
- *Aroma stick: Also called an essential oil inhaler, these portable plastic sticks have an absorbent wick that soaks up the essential oil. They come with a cover to keep the scent under wraps until you're ready.*



Learn more from John Hopkins Medicine: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/aromatherapy-do-essential-oils-really-work>



"UGLY CHRISTMAS" FACEMASK

This year, try something different. Instead of having an "Ugly Christmas Sweater" party/contest. Why don't you make it an "Ugly Christmas" Facemask instead? By doing this, you'll be keeping yourself and others safe while having fun this holiday season.

Show us your "Ugly Christmas" Facemask! Share a pic of your gratitude pumpkin and tag us using #FABLOWXMAS



Jocelin Villarreal - FCH Ext. Agent

County Events & Programs on <https://frio.agrilife.org/>



Dru Benavides - FCH Ext. Agent

County Events & Programs on <https://atascosa.agrilife.org/>



Jessica E. Faubion - FCH Ext. Agent

County Events & Programs on <https://bandera.agrilife.org/>



Nicole Demmer - FCH Ext. Agent

County Events & Programs on <https://wilson.agrilife.org/>



We wish you a Merry Christmas & a Happy New Year!

FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- **Podcast:** FABLOW AgriLife is on 11 different platforms (find us!)
- **Blog/Main Hub:** <https://fablowagrilife.weebly.com/>
- **YouTube & Pinterest:** FABLOW AgriLife (find us!)

