



## **Southwest Region Health Avengers Family and Community Health Retreat**

**March 18-20, 2019**

**9449 Grant Road, Houston, Texas 77070**

Southwest Region Resource  
Advisory Committee-FCH  
Retreat Planning Committee:



**Maria Hill-S.H.I.E.L.D.  
Agent-Deputy Director  
(Erika Bochat)**



**Black Panther  
(Dr. Sonja Davis)**



**Black Widow  
(Leticia Hardy)**

### **Our Vision**

Championing a Healthy Texas with our people-To live well,  
live long & with peace of mind.

### **Our Mission**

The Health Avenger's mission is to:

- Promote good health
- Reduce chronic disease
- Encourage retail food safety
- Support Healthy Texas
- Institute worksite wellness programs
- Motivate Healthy Aging
- Implement weight management programs

### **Agenda**

#### **Monday 18**

10:00 a.m.

**Pre-Conference-Consumer Trends  
Tracking** (Optional Pre-Registration  
required) Departure from host hotel 9:00  
a.m.

1:30 p.m.

#### **Registration**

1:45 p.m.-2:00 p.m.

Opening Remarks-**Preparing for the  
Mission**

Erika H. Bochat-Regional Program Leader-  
FCH/4-H Youth Development Southeast  
Region (AKA-Maria Hill-S.H.I.E.L.D. Agent-  
Deputy Director)



**Captain Marvel  
(Amy Ressler)**



**Falcon  
(Jessica Faubion)**



**Echo  
(Norma Munoz)**



**Firestar  
(Alexis Cordova)**

2:00-5:00 p.m.

***Strategies on Producing Dynamic Educational Videos-***

Treyce Rice-Program Coordinator for Web Based Technologies, Administration, Texas A&M AgriLife Extension Service

**Session Facilitator**-Jessica Faubion-County Extension Agent-FCH- Bee County (AKA-Falcon)

5:00-8:00 p.m.

(Session and Dinner)

***Beef Up Your Tailgating Game***-Texas Beef Council or Meat Science Specialist-Texas A&M AgriLife Extension

**Session Facilitator**-Amy Ressler-County Extension Agent-FCH-Montgomery County (AKA-Captain Marvel)

**Tuesday 19**

7:30 a.m.

(Tours, Sessions & Lunch)

Prepare for Departure at 8:00 a.m.

9:00 a.m. – 10:30 a.m.

***Goya Foods*** - Tour the largest Hispanic-owned food company in the United States  
**Session Facilitator**-Dr. Sonja Davis-County Extension Agent-FCH-Harris County (AKA-Black Panther)

11:30 a.m.-1:00 p.m.

***Houston Food Bank-Filling Pantries. Filling Lives.***

**Session Facilitator**-Dr. Sonja Davis-County Extension Agent-FCH-Harris County (AKA-Black Panther)

1:30 p.m.-3:30 p.m.

***Culinary Institute, Lenotre*** -Tour, Dessert (on-site gourmet restaurant-***Le Bistro***) and Demonstration-Izzie Madih, Marketing Manager-Culinary Institute, Lenotre

**Session Facilitator**-Alexis Cordova-County Extension Agent-FCH-Liberty County (AKA-Firestar)



**Hulk**  
(Gayle Bludau)



**Iron Man**  
(Elizabeth Trejo)



**Thor**  
(Lindy Pitre)



**Wasp**  
(Tonya Poncik)

## Dinner on Your Own

### Wednesday 20

8:00 a.m.

Check-in

8:30 a.m.

**Administrative Updates-** Erika H. Bochat-  
Regional Program Leader-FCH/4-H Youth  
Development Southeast Region (AKA-  
Maria Hill-S.H.I.E.L.D. Agent-Deputy  
Director)

9:00 a.m.-9:45 a.m.

**Championing a Healthy Texas Panel-  
Examining the Extension Program  
Planning Model**

**Session Facilitator:** Erika H. Bochat  
(Panelists for this session TBA)

9:45 a.m.-11:00 a.m.

**Super Human Rx: Unlock the Secrets to  
Lasting Health-**Joycelyn Cornthwaite, MS  
RD LD CDE

**Session Facilitator:** Dr. Sonja Davis-  
County Extension Agent-FCH-  
Harris County (AKA-Black Panther)

11:00- a.m.-11:15 a.m.

Power Break

11:15a.m.-12:30 p.m.

**Arm Yourself with Integrity, Compassion  
and Professionalism-**Presenter-TBA

**Session Facilitator:** Sonja Davis-County  
Extension Agent-FCH-Harris County (AKA-  
Black Panther)

12:30 p.m.

**Carrying out the Mission: Not All Super  
Heroes Wear Capes** (Wrap-up)- Erika H.  
Bochat

*...In a world of ordinary mortals, we are Super Heroes.*