



Walk[®] Across Texas!

WEEK 3

February 17, 2014

Greetings Team Captains and Solo Walkers!

Way to ease on down the road. Teams are well on their way across Texas. Visit <http://walkacrosstexas.tamu.edu/tools-and-resources/view-progress.php> to view your team's progress. Please log your miles weekly. Set a goal to log the previous week's miles by Tuesday of each week. If you are having issues inputting miles, submit a ticket with the help desk.

Kudos to those who made their way to Veteran's Park! We walked 1 ½ miles. Shout out to JJ Marcias for leading the group!

Reminders:

- Sara Mendez is the contact person for t-shirts. Feel free to email her at smendez@brazoscountytexas.gov.
- The weekly walking group will meet at the Health Hullabaloo this Saturday. Make sure to find stop by the Walk Across Texas Booth and sign in. Please encourage your team members. See details below:
 - The Health Hullabaloo

- Saturday, February 22
- 10 a.m.-3:00 p.m.
- Texas A&M Health Science Center (8441 Hwy 47, Bryan).
- For the latest and great information, visit <http://medinterestgroups.tamu.edu/>.
- We are still looking for our 100th  . Like us on facebook
<https://www.facebook.com/walk.across.texas.by> .
Tell your team members and friends too. Pictures from this weekend's walk have been posted.
- We will resume walking in Veteran's Park on March 1st. We hope to see you there! Yeah you!
- If you need a great idea for dinner tonight, check out our demonstration of Chicken Corn Soup:
<http://healthyliving.tamu.edu>.
- Psst! Don't forget to share this information with your team members.

Happy trails,

Flora

Family and Consumer Sciences

County Extension Agent

Brazos County



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating.