

Brazos County Walk Across Texas 2020



Welcome to Week 4 Walk Across Texas in Review

March 11, 2020

Making physical activity your 2020 vision

Weeks one, two, three, and four are gone forever more! Way to G-O! With 141,605.92 total miles reported, you are staying active. Your heart is happy. I believe all of the lost teams have been moved to this sponsored challenge. That brings our total to 250 teams. The data was grabbed on Saturday march 7, 2020.

TEXAS A&M
AGRI LIFE
EXTENSION



Important Dates—at-a-Glance

WAT dates—February 8- April 3, 2020

~~Week 1: February 8-14, 2020~~

~~Week 2: February 15-21, 2020~~

~~Week 3: February 22-28, 2020~~

~~WALK ACROSS TEXAS MIDWAY BOOT CAMP-March 5, 2020~~

~~Week 4: February 29-March 6, 2020~~

Week 5: March 7-13, 2020 ← You are here!

Week 6: March 14-20, 2020

Week 7: March 21-27, 2020

Week 8: March 28-April 3, 2020

Last day to enter miles and wrap up survey—April 7, 2020

- ♣ Team members report your miles daily or at least by Saturday by 12:00 noon for newsletter purposes.
- ♣ Snapshots of teams in action, upcoming fitness events, or success stories are needed. Email to Flora Williams at fewilliams@ag.tamu.edu.
- ♣ Nominations are needed for most inspirational team member by March 27, 2020.

The 833 Miles or More Club-41 Teams

- | | | |
|--------------------------------|--|---------------------------------|
| ♣ 2 Hot 2 Trot - Tokyo Drift | ♣ Dynamic Walking WINgineers | ♣ ResLife Walker Texas Rangers |
| ♣ Avocardio | ♣ Feet for Miles | ♣ Road Rage Scholars |
| ♣ Between a Walk and Hard Pace | ♣ Gel Runners | ♣ RRAAREQers |
| ♣ Blazin' 8 | ♣ Groovy Grape Steppers | ♣ Search Dog Walkers |
| ♣ Buns on the Run | ♣ Hike Across The Universe | ♣ Texas Top Steppers |
| ♣ Buns on the Run! | ♣ If You Ain't First, You're Last | ♣ Texas Trail Drivers |
| ♣ CATs (COGers Across Texas) | ♣ Kiss My Assessment | ♣ The Original Holy Walkamolies |
| ♣ Cecum and Destroy | ♣ Liar, Liar, Legs of Fire | ♣ Train Recs |
| ♣ Chip My Penguin | ♣ LRC BAD KNEES SENIORS | ♣ Walk This Way! |
| ♣ CVM Dog Tired | ♣ Making Strides | ♣ Walking Robins |
| ♣ CVM Heart and Sole | ♣ ODSL Exercise? I Thought You Said Extra Fries! | ♣ Walking Wonders |
| ♣ DOR FAR and beyond | ♣ ODSL Reber Fever | ♣ We Thought They Said 'Rum' |
| ♣ DOR Skywalkers | ♣ People Enjoying Activity...Periodically | ♣ Winning Walkers |
| ♣ Dumbells and Donuts | ♣ Perennial Posse | |

Team Spotlights...Double the Fun Strollers



Now here's a cool backstory on a team's name...

Our group is called Double the Fun Strollers. We are all members of the Brazos Valley Mothers of Twins Club, although we don't all have kiddos in strollers right now, but a cute play on words! 5 of our members are in this picture from our Christmas party. Meet the Double the Fun Strollers!

Team Spotlights...TAMU Houston Campus Mid-way Event

Now that's
dedication!

—————>
For their Mid-
Way event,
Members of
IBT - Not Fast,
Just Furious,



Awesome Screening
Squad, IBT Roadrunners,
and Fast & Furious met
in the lobby of their
building before walking a
few blocks and around
the perimeter of the
Alkek building.

Participants were eligible
for door prizes.



Team Spotlights...Walking with Auditude



Meet Ana-Lisa Liotta. She is a member of Walking with Auditude. She walked over 12,000 steps in San Antonio on March 5, 2020. **A-M-A-Z-I-N-G**

Midway Amp it up! Event Recap

Thank you to TruFit for allowing us to take over their classes for the evening and making our Amp It Up Event a hot and sweaty one!

AND

Thank you to those of you that joined us.



AND

The Amp it up! crew consisted of Sara Mendez, Miriah Freed, Sheri Meyer, Dorithie Thomas, Lindsey Dauer, Andy Bednorz, Mellissa Myles, Cierra Robison, Shelia Robinson, Flora Williams, Jennifer Kuehn



Team Placings by Leagues-Adult

AGRILIFE EMPLOYEE WELLNESS

The Original Holy Walkamolies	1350.98
Hike Across The Universe	1140.59
Avocardio	1009.63
Making Strides	962.56
Gel Runners	880.7
Perennial Posse	879.46
Groovy Grape Steppers	867.13
Blazin' 8	850.81
Between a Walk and Hard Pace	847.99
Loch'd, Docked and Ready to Walk	788.28
Show Time	742.68
Sole Survivors	736.96
Rice Racers	688.16
BAEN Movers and Groovers	675.78
Not So Fast But Furious	668.93
Mind over Miles	657.36
Blood, Sweat, & Beers	649.78
Vexed Fossils	641.18
Rice Roadrunners	608.55
Are We There Yet...duh?	586.49
Twinkle Twinkle Little Toes	581.48
Dallas Center Turf Team	579.64
Ben E. Fits Off His Rockers	521
Walkin' till the Cows Come Home	490.45
Oak Wilt Annihilators	445.01
Contracts & Gains	442.32
Better Living for Texans	414.08
TPDDL Plant Detectives	403.96
Rice Rice Baby	400.58
Witness the Fitness	372.18
GIFT WATaTeam	361.93
Miracle	325.3
Poultry Science	308.5
SowBloomGrow	269.56
5 Sisters and a Mister	262.13
Yeehawlin' Buns	242.19
TVMDL Client Servies	89.99
Total	22744.3



ALYSSA'S LEARNING COMMUNITY

TheLunchClub	173.46
The Number Juan's	53.91
Twinkle Toes	17
Twinkle Toes	5
Total	249.37

BRAZOS COUNTY EMPLOYEE TEAMS

Tater Trots	791.98
Turn Down for WAT!	721.95
Brazos Walking Warriors	651.97
One More Lap	591.49
Walkie Talkies	537
Gone With the Win	421.39
Total	3715.78

BRYAN ISD TECHNOLOGY

TNT Blast	449.84
Texas RoadRunners	384.19
Techno Speed Walkers	315.35
The Untouchables	314.45
Reading Ramblers	241.73
Total	1705.56

BVCOG

CATs (COGers Across Texas)	1096.09
7 Groovy Chicks & An Old Dude	630.38
WIC Bandits 4 Boobies	494.57
WIC Wellness Revolutionaires	457.82
Holy Walkamolies	428.55
X	422.81
The Young and the Rest of Us	416.68
Navasota Movers & Shakers	280.95
Chicks with Kicks	278.76
Steppin' Out	266.27
Honey Bees	178.93
Madisonville	121.37
Fantastic8	7
Total	5080.18



CHI ST. JOSEPH HEALTH

Winning Walkers	1264.36
Walking Wonders	1250.92
Texas Top Steppers	1115.37
Texas Trail Drivers	1044.47
Buns on the Run!	901.8
If You Wink at Me I'll Wenckebach	780.09

Scrambled Legs	744.9
Take a Hike	711.8
Walk-er Texas Ranger	703.99
Walk-A-Mole	639.98
JETCOBRA	589.51
The Young & The Breathless	542.75
Tai Chi Wonders 2	529.49
Walk it Out	473.97

Between A Walk and A Hard Place	472.45
Tai Chi Wonders 1	314.16
Suite Sisters Stepping Out	123.89
Walking on Air	90.4
CCU Nightwalkers	61.45
Total	12355.75

HOTARD HUSTLERS

Right TAP Shoe	743.85
Left TAP Shoe	590.67
Total	1334.52

MYCON GENERAL CONTRACTORS, INC.

Michael Scott's MYCON College Station Celebrity Rabies Awareness Fun Run Pro Am Race For the Cure

	762.21
MYtoCONDria – The Powerhouse of Texas	618.22
Walker Texas Rangers	616.9
Total	1997.33

TAMU REMOTE

IBT Roadrunners	718.79
Awesome Screening Squad	703.13
OSA Pharmily	690.74
IBT - Not Fast, Just Furious	565.32
Fast & Furious	460
Total	3137.98



Team Placings by Leagues-Adult

TAMU- MAIN CAMPUS

Liar, Liar, Legs of Fire	1192.57
CVM Dog Tired	1120.24
Chip My Penguin	1086.45
Road Rage Scholars	1077.32
People Enjoying Activity...Periodically	1021.69
Buns on the Run	891.04
DOR Skywalkers	889.98
2 Hot 2 Trot - Tokyo Drift	886.24
We Thought They Said 'Rum'	884.3
CVM Heart and Sole	865.31
DOR FAR and beyond	852.32
RRAAREQers	849.55
Libraries' Cirque Du Sore Legs	802.02
RHACOMModores	796.43
Agony of De Feet - CLLA	779.18
Nye's Home Fries	743.95
LAAHlygaggers	743.8
Sole Sisters	731.57
Mays Transformational Walkers	730.66
Fit For Duty	705.73
PPRI Scrambled legs	700.53
Kickin' Asphalt	676.22
Quads of Fury	646.79
RegiSTRIDES Student Services Stompers	638.47
Not Fast, Just Furious	633.3
RegiSTRIDES The Young and the Breathless	626.81
Administepers	599.82
Bright On Track	597.07
16 Feet With Sole	590.97
DoIT Again	580.17
Legs Misérables	566.32
PPRI-Chafing the Dream	561.25
Are we there yet?	561.02
DOR We thought they said Rum	559.78
Legs Miserables	554.68
Neville's Lo ngbottoms	545.49
RegiSTRIDES Burning Thighs	544.77
DOR Dashing Divas	536.26
CommqWATs	534.62
Spevtaculars	534.6
Hearts & Soles	532.34
RegiSTRIDES With Cherrys on Top	

DOR we there yet?	522.88
We Thought They Said Rum	518.11
RegiSTRIDES Run Like the Winded	510.29
Walking Wonders	508.42
Holy Walkamolies	508.25
Francis Hall Highsteppers	507.9
Naptime at the Finish Line	501.77
Bookin' It!	486.67
DOR R.eally E.nthused B.ut S.hort of breath	485.01
RegiSTRIDES Degree Jog-it	485
DORitos Locos	479.28
EAST Steppers	466.75
Cirque Du Sore-Legs	462.93
3rd floor annexers	452.93
aMAYSing Steppers	439.6
Numb Locks (DoIT)	437.73
Maroon03	436.83
The Walking Bad	431.33
The HROE Stompers	426.69
ORECKing Crew	408.37
Thought you said 'Extra fries not exercise'	402.31
RegiSTRIDES The Proclaimers	394.29
Holy Walkamolies	379.45
Old Town Road Walkers	377.67
DOR Step Happy	374.2
Lazy Lobsters	354.06
All EAHR's 2020	314.42
Sea Legs for Days	302.88
DOR - Chasing Pavements	300.4
NoneOfUsAreTexansExcept-	298.48
ForCrashAndAllison	275.73
DOR RAcers	271.16
Research that Moves	264.55
The Good Ags	235.17
Rise of the LIBR Skywalkers	232.5
Texas Two Steppers	230.34
Freud Would've Ubered	208.2
DOR Student Athletes	188.97
GOGAPS	186.5
TEAM BIMS	166.62
Red Hot Chili Steppers	138.24
Alex LC	104.45
Gotta Love Benefits	86.53
Total	45131.84

TEXAS A&M FOUNDATION

Let's Get Fiscal	739.05
Blister Sisters & Misters	457.56
Money Walks	439.13
Red Hot Chili Steppers	327.98
Inspired, but Tired	225.91
Total	2189.63

TEXAS A&M UNIVERSITY SYSTEM OFFICES

Walking Robins	912.84
RELLIS-School of Walk	766.47
The Motley Crew	662.96
Sole Beneficiaries	545.4
Walking With Auditude	544.35
See ya later, aggregator	483.28
If the Shoe Doesn't Fit, We Must Quit	469.15
Total	4384.45

TEXAS A&M DIVISION OF STUDENT AFFAIRS

Walk This Way!	2412.9
Train Recs	1617.99
ODSL Exercise? I Thought You Said Extra Fries!	1090.26
ODSL Reber Fever	987.67
ResLife Walker Texas Rangers	907.56
Kiss My Assessment	839.81
Vampires on the Run	807.49
ODSL The Good Pace	770.35
REcOrd Setters	682.1
Red Hot Chili Steppers	634.56
StuAct Walkie Talkies	523.94
We've got Sole	500.57
Multicultural Services	492.65
Between a Walk and a Hard Place!	481.37
Tyrannosaurus Rec	378.4
Not Fast, Just Furious	367.63
The Young and the Breathless	269.41
Total	13764.66



Team Placings by Leagues-Adult

TTI

Dynamic Walking WINgineers	1481.25
If You Ain't First, You're Last	1100.73
Walkin' on Sunshine	750.61
The Slackers	708.87
WALK IT LIKE IT'S HOT	448.03
These Glutes are made for Walkin'	405.87
Running Hot!	236.14
All Alone	103.15
Total	5234.65

Walkers without Borders	243.89
CSTR Team 1	117.39
Pink Ladies	106.67
Total	13803.91

This Week's Top 23 in Year 23

URPN 370 - HEALTH SYSTEM

PLANNERS 2020

Team Bonus Points	609.53
Wii Not Fit	537.57
WAT! it do Ags	517.56
Run Like the Winded	476.6
shake and bake	454.63
WAT Runners!	450.21
WAT! IN TARNATION	442.62
The WATCHmen	415.97
WATs UP	323.92
AggiesWalkingAcrossTexas	321.14
WAT Pacers	226.26
Total	4776.01

LEAGUE OF THEIR OWN

LRC BAD KNEES SENIORS	1145.5
Cecum and Destroy	1046.02
Feet for Miles	1020.02
Dumbbells and Donuts	884.05
Search Dog Walkers	867
Sole Sisters	712.18
Agony of De Feet	685.09
TIGER TRACKS	684.63
She's Got Legs	651.35
WTF (Where's the Finish)	612.58
Geosciences	601.94
MiSsIng Space CADets	600.66
Walking Warriors	571.41
Double the Fun Strollers	555.74
Corner Coasters	526.09
Rapid Thigh Movement (RTM)	497.36
Walk Across KBTeXas	457.91
CONTinual Motion	375.64
TAMU MUP 2020	311.37
TAMU-GRADS	273.73
Running from Chemistry	255.69

1. **Walk This Way!** Texas A&M Division of Student Affairs 2412.9
2. **Train Recs Texas** A&M Division of Student Affairs 1617.99
3. **Dynamic Walking WINgineers** TTI 1481.25
4. **The Original Holy Walkamolies** AgriLife Employee Wellness 1350.98
5. **Winning Walkers** CHI St. Joseph Health 1264.36
6. **Walking Wonders** CHI St. Joseph Health 1250.92
7. **Liar, Liar, Legs of Fire** TAMU - Main Campus 1192.57
8. **LRC BAD KNEES SENIORS** 1145.5
9. **Hike Across The Universe** AgriLife Employee Wellness 1140.59
10. **CVM Dog Tired** TAMU- Main Campus 1120.24
11. **Texas Top Steppers** CHI St. Joseph Health 1115.37
12. **If You Ain't First, You're Last** TTI 1100.73
13. **CATs (COGers Across Texas)** BVCOG 1096.09
14. **ODSL Exercise? I Thought You Said Extra Fries!** Texas A&M

Division of Student Affairs

- | | |
|---|-------------------|
| | 1090.26 |
| 15. Chip My Penguin | TAMU |
| - Main Campus | 1086.45 |
| 16. Road Rage Scholars | TAMU |
| - Main Campus | 1077.32 |
| 17. Cecum and Destroy | 1046.02 |
| 18. Texas Trail Drivers | CHI |
| St. Joseph Health | 1044.47 |
| 19. People Enjoying Activi-ty...Periodically | TAMU- Main Campus |
| | 1021.69 |
| 20. Feet for Miles | 1020.02 |
| 21. Avocardio AgriLife Employee Wellness | 1009.63 |
| 22. ODSL Reber Fever Texas A&M Division of Student Affairs | 987.67 |
| 23. Making Strides AgriLife Employee Wellness | 962.56 |

Most Valuable Person Nominations by March 27, 2020

Nominations should be emailed with an **explanation** of why this team member has been an inspiration to you or your team, **attach a picture or two**, and email to fewilliams@ag.tamu.edu

Top 100 Creative Names

♣ 16 Feet With Sole	WINgineers	♣ Not Fast, Just Furi-	♣ The Number Juan's
♣ 2 Hot 2 Trot - Tokyo	♣ Feet for Miles	ous	♣ The Original Holy
Drift	♣ Fit For Duty	♣ Not So Fast But Furi-	Walkamolies
♣ 3rd floor annexers	♣ Freud Would've	ous	♣ The Walking Bad
♣ 5 Sisters and a Mister	Ubered	♣ Old Town Road	♣ The Young and the
♣ 7 Groovy Chicks &	♣ Gone With the Win	Walkers	Rest of Us
An Old Dude	♣ Groovy Grape Step-	♣ ORECKing Crew	♣ These Glutes are
♣ Administepers	pers	♣ Perennial Posse	made for Walkin'
♣ Agony of De Feet	♣ Hearts & Soles	♣ PPRI Scrambled legs	♣ Thought you said
♣ aMAYSing Steppers	♣ Holy Walkamolies	♣ PPRI-Chafing the	'Extra fries not exer-
♣ Avocardio	♣ IBT - Not Fast, Just	Dream	cise'
♣ Ben E. Fits Off His	Furious	♣ Quads of Fury	♣ Turn Down for
Rockers	♣ If the Shoe Doesn't	♣ Rapid Thigh Move-	WAT!
♣ Between A Walk and	Fit, We Must Quit	ment (RTM)	♣ Twinkle Twinkle
A Hard Place	♣ If You Ain't First,	♣ REcOrd Setters	Little Toes
♣ Blazin' 8	You're Last	♣ Recreational Hazards	♣ Walk-er Texas Rang-
♣ Blister Sisters & Mis-	♣ If You Wink at Me	♣ Red Hot Chili Step-	er
ters	I'll Wenckebach	pers	♣ Walkers without
♣ Blood, Sweat, &	♣ Inspired, but Tired	♣ RegiSTRIDES Burn-	Borders
Beers	♣ Kickin' Asphalt	ing Thighs	♣ Walking With Audi-
♣ Bookin' It!	♣ Kiss My Assessment	♣ RegiSTRIDES Run	tude
♣ Buns on the Run	♣ LAAHlygaggers	Like the Winded	♣ Walking Wonders
♣ Cecum and Destroy	♣ Lazy Lobsters	♣ RegiSTRIDES	♣ WAT! IN TARNA-
♣ Chicks with Kicks	♣ Legs Miserables	♣ The Young and the	TION
♣ Cirque Du Sore-Legs	♣ Let's Get Fiscal	Breathless	♣ We Thought They
♣ CommqWATs	♣ Liar, Liar, Legs of	♣ ResLife Walker Texas	Said Rum
♣ CONtinual Motion	Fire	Rangers	♣ WIC Bandits 4 Boo-
♣ CVM Dog Tired	♣ Libraries' Cirque Du	♣ RHACOMModores	bies
♣ CVM Heart and Sole	Sore Legs	♣ Rice Rice Baby	♣ WIC Wellness Revo-
♣ DOR - Chasing	♣ Loch'd, Docked and	♣ Rise of the LIBR	lutionaires
Pavements	Ready to Walk	Skywalkers	♣ Wii Not Fit
♣ DOR Dashing Divas	♣ LRC BAD KNEES	♣ Road Rage Scholars	♣ Witness the Fitness
♣ DOR R.eally	SENIORS	♣ Running Hot!	♣ WTF (Where's the
E.nthused B.ut S.hort	♣ Mind over Miles	♣ Sea Legs for Days	Finish)
of breath	♣ MiSsIng Space CA-	♣ See ya later, aggrega-	♣ Yeehawlin' Buns
♣ DOR We thought	Dets	tor	The judges have spoken.
they said Rum	♣ MYtoCONDria –	♣ shake and bake	Next week 50 will be
♣ DORitos Locos	The Powerhouse of	♣ SowBloomGrow	eliminated.
♣ Dynamic Walking	Texas	♣ Tater Trots	



Attention please!

Mileage for the newsletter will be based on mileage as of Saturday of each week since physical activity can be entered daily.

DO NOT wait until the end to submit mileage. Enter regularly either daily or by Saturday of each week.

Let's go youth league teams!

Southwood4H	655.51 (10 youth)
FloMa's Grands	367.00 (7 youth)
Southwood4HAdult	333.19(5 parents)
Panthers	330.50 (16 youth)



**Go ahead! Click [here](#) for a 1-minute tasty
Bacon wrapped Asparagus recipe.**



*******Reminder*******

Convert your favorite physical activities completed to miles walked equivalents. Here's a chart and a link to help
https://extension.umd.edu/sites/extension.umd.edu/files/_images/programs/walkmd/Exercise%20Equiv.Chart3_.pdf



Exercise Equivalents

Activity	Actual Miles/ Minutes	Recorded Miles
Walking, stroll (2 mph)	30 minutes =	1 mile
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Walking, brisk (4 mph)	30 minutes =	2 miles
Running (5.5 mph)	1 mile =	1 mile
Cycling/Biking (13 mph)	7 miles =	1 mile
Spinning	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1 mile
Stairmaster (moderate intensity)	15 minutes =	1 mile
Roller Blading	3 miles =	1 mile
Swimming (30 yards/min)	1 mile =	1 mile
Gardening, digging	30 minutes =	2.5 miles
Gardening, push mowing	30 minutes =	2.25 miles
Gardening, raking	30 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing, moderate to rapid	20 minutes =	1 mile
Any activity/exercise that makes you breathe hard and sweat.	20 minutes =	1 mile
Any activity/exercise that makes you breathe very hard and perspire heavily.	15 minutes =	1 mile

Converting minutes of physical activity to miles "walked:"

Exercise Equivalent:

Walking, stroll (2 mph) for 30 minutes = 1 mile "walked"

You walk at a walking stroll for 45 minutes and want to convert that activity to miles:

$$\frac{30 \text{ min.}}{1 \text{ mile}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1 \times 45} = (X = 45 \div 30) = 1.5 \text{ miles "walked"}$$

Converting minutes of physical activity to miles "walked:"

Exercise Equivalent:

Cycling/Biking (13 mph) for 7 miles = 1 mile "walked"

You bike for 5 miles and want to convert that activity to miles:

$$\frac{7 \text{ miles biked}}{1 \text{ mile "walked"}} = \frac{5 \text{ miles biked}}{X \text{ miles "walked"}} = \frac{7X}{5} = (X = 5 \div 7) = .72 \text{ miles "walked"}$$

TEXAS A&M
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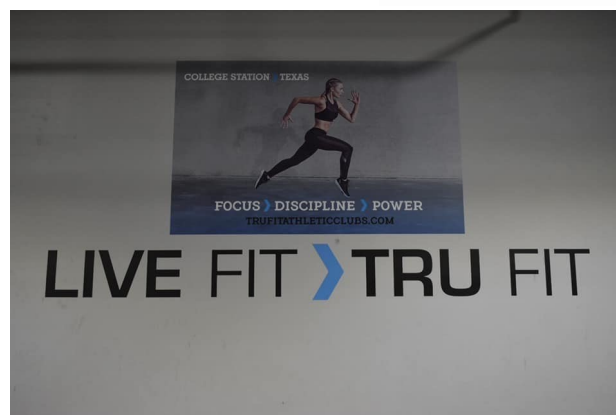
Make sure to redeem prizes won at Kick-off Event. Thank you sponsors!



Camp Gladiator
College Station



Imagine better health.™



Support the Taskforce. Purchase a WAT T-shirt.

2020 Walk Across Texas! t-shirts are available for purchase at the Brazos County Health District/Department.

Short-sleeve only: S - XL \$10.00 2X - 3X- \$12.00

For t-shirt purchases, contact Sara Mendez at

SMendez@brazoscountytexas.gov or

979-361-5730. *1/2 price 2019 shirts are available

REMINDERS

⇒ Like us and post a comment on our facebook page: [Walk Across Texas - Brazos Valley](https://www.facebook.com/walk.across.texas.bv/) <https://www.facebook.com/walk.across.texas.bv/>

⇒ We are at 321 likes right now.



Walk Across Texas Taskforce Members

Chair

Lindsey Dauer-CHI St. Joseph Health

Treasurer:

Sara Mendez-Brazos County Health District

FCH County Extension Agent/Advisor:

Flora Williams-Texas A&M AgriLife Extension

Advisors:

Alice Kirk-Texas A&M AgriLife Extension

Michael Lopez-Texas A&M AgriLife Extension

Brian Faries- Texas A&M AgriLife Extension

Members:

Diana Gaytan-Brazos County Health District

Dorithie Thomas-Texas A&M AgriLife

Jessica Palacios-Texas A&M University System

JJ Macias-Texas A&M University System

Judy Kurtz-Texas A&M AgriLife Extension

Kelley Melcher-Blue Cross Blue Shield

Lesley Ward- City of Bryan

Leslie Martinek-CHI St. Joseph

Mary Parrish- Brazos County Health District

Pat Pierson-Texas A&M AgriLife Master Wellness Volunteer

Sheri Meyer-Texas A&M University System

For more information contact: Flora Williams at fewilliams@ag.tamu.edu

Brazos County Office of Texas A&M AgriLife Extension Service or at 979-823-0129 HAPPY TRAILS!

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