

FEBRUARY 22, 2021

# OPERATION BRAZOS COUNTY WALK ACROSS TEXAS 2021

*Celebrating 24 Years of WAT Brazos County*

TEXAS A&M  
AGRI LIFE  
EXTENSION



WALK  
ACROSS TEXAS!  
TEXAS A&M AGRILIFE EXTENSION

*Walk Across Texas 2021*

OPERATION WALK ACROSS TEXAS  
MISSION: POSSIBLE

Can you believe it? It's been 24 years of Walk Across Texas sponsored events in Brazos County. Shoutout to 170 adult teams registered with the February 13, 2021 start date. We have 15 leagues and 1,048 individuals signed up. So...that means not all teams have their maximum of eight team members. Due to the power outages, the extended deadline for the sponsored event is February 24. Get those team members registered!

## IMPORTANT DATES-AT-A-GLANCE

- Proclamation-February 2, 2021 ✓
- Kick Off Event: February 13, 2021 ✓
- Event Dates: February 13, 2021-April 9, 2021
- February 13, 2021-February 19, 2021 (Week One) ✓
- **February 20, 2021-February 26, 2021 (Week Two)** ←
- February 27, 2021-March 5, 2021 (Week Three)
- March 6, 2021-March 12, 2021 (Week Four)
- March 13, 2021-March 19, 2021 (Week Five)
- March 20, 2021-March 26, 2021 (Week Six)
- March 27, 2021-April 2, 2021 (Week Seven)
- April 3, 2021-April 9, 2021 (Week Eight)
- Online registration extended deadline: February 24, 2021
- Weekly virtual workouts: **February 24**, March 3, March 10, March 17, March 31, and April 8
- Last day to report team mileage: April 16, 2021
- The Announcement of Champions: April 28, 2021
- Celebration Event/Prize Patrol: April 28, 2021

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

*The Texas A&M University System,  
U.S. Department of Agriculture, and  
the County Commissioners Courts of  
Texas Cooperating*

## About the weekly e-news blast:

- Team members should enter mileage **daily**. This helps to give a real time view of how the challenge is going and is slightly different from the past.
- To make reporting easier, add howdyhealth.org to your phone's home screen.
- If you have pictures of your team in action, upcoming team or community fitness events, or stories PLEASE email them to Flora Williams at fewilliams@ag.tamu.edu.
- Weekly e-news blast will arrive on or before Thursday of each week.
- Team and league placing will be included in the next blast!



## Adding howdyhealth.org to home screen

### (For iPhones)

1. Open the website: <https://howdyhealth.org/programs/wat>
2. Click the 'Share' icon at the bottom which is the "box with an arrow pointing up"
3. Scroll the icon options and tap 'Add to Home Screen'
4. Click the 'Add' button in the top right corner
5. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage



### (For Android)

1. Open the website <https://howdyhealth.org/programs/wat>
2. Click the 3 dot icon in the top right corner
3. Select the option 'Add to Home Screen'
4. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage

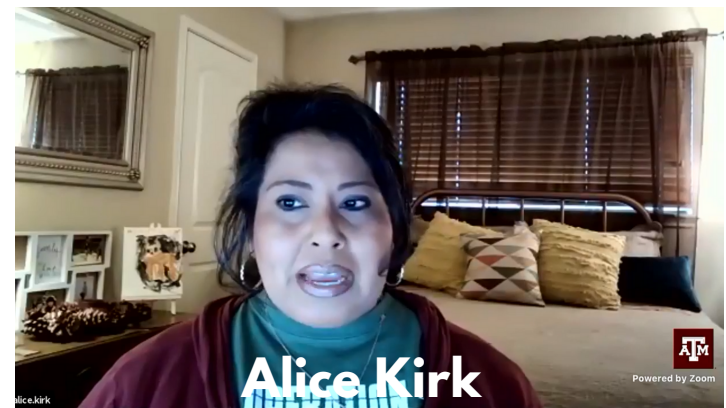
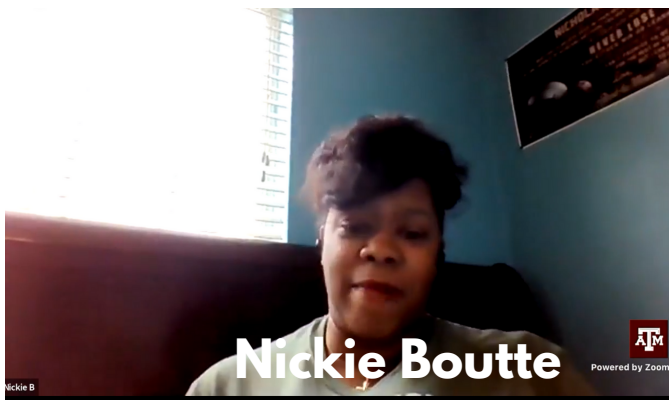
### (For Samsung)

1. Open the website <https://howdyhealth.org/programs/wat>
2. Click the 3 line "hamburger menu" at the bottom right corner
3. Select the option '+ Add page to'
4. Select "Home screen"
5. Tap the WAT! app on the home screen to access the WAT Dashboard and enter mileage



# Kickoff event highlights

Thank you to the Walk Across Texas Taskforce and FM Fitness for kicking off  
Operation Walk Across Texas  
Mission: Possible  
Should you choose to accept it!





# Kickoff Facebook Live VIPs

See our list of VIPs on the wheel who signed in at the kickoff event!



## VIRTUAL DOOR PRIZE WINNERS

### **\$15 Subway Gift cards provided by Williams Tire Service, LLC**

Charlotte Hold-Brazos County Walking Warriors

Kevin LeBlanc-Three Armadillos

Charlotte Salas-Dormant Dynamites

Ao Jiao-Hort Flower Power

Jennifer Reily-Spring in Our Step

### **\$25 Academy Gift Card provided by Fisher Livestock**

Dorothy Rainwater-Healthy Driven Seniors

Shyamala Rajagopalan-Tough Engineers Enthusiastically Stepping!

## KICKOFF SPONSORS

\$15 Subway Gift cards provided by Williams Tire Service, LLC

\$25 Academy Gift Card provided by Fisher Livestock

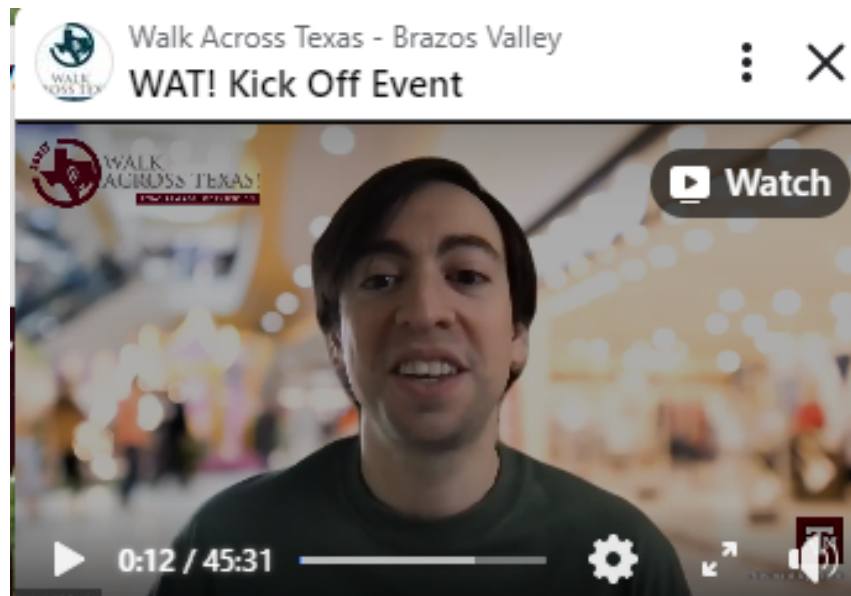
## WORKOUT HOST

FM Fitness



# Missed the kickoff? No problem!

Go back and view it at [https://fb.watch/3PNhU\\_38pr/](https://fb.watch/3PNhU_38pr/)



## Meet this year's leagues and commissioners:

AgriLife Employee Wellness—Dorithie Thomas

Brazos County—Charlotte Hold

Chafing the Dream—Diana North

Diabetes Edition—Michael Lopez

Health System Planners—Mike Lopez

Laps for Laney—Flora Williams

MYCON General Contractors, Inc—Kayla Titus

TAMU Division of Research—Monica Holder

Texas A&M Division of Student Affairs—Brandon Carlson

Texas A&M Engineering—Nicole Lopez

Texas A&M Foundation—Megan Czajkowski

Texas A&M regiSTRIDES—Matthew Johnson

Texas A&M Transportation Services—David Woodlief

Texas A&M University System Offices—Sheri Meyer

University Libraries —Stephanie Walker



# Meet the teams and team captains

"Four Score and Seven Blisters Ago"-Aubry Spikes	DOR Cirque du Sore Legs-Jessica Beck-Guerrero
16 Feet with Sole-Mia Conrad	DOR COVID CRUSHER-Tammy Hardin
All Alone-Amy Epps Martin	DOR- Dream Team-Erin Shenkir
BCS Yard Goats-Blake McDonald	DOR Super Tribe - Dorminator-Justin Allison
Becky's Toddling Troup-Krista Van De Flier	DOR SUPER Tribe-Micah Leonard
Blister Sisters-Katie Cates	DORMant Dynamites-Charlotte Salas
BMW to LMW-Ericka Morin	DOR-MI"C"-you-on-the-treadmill-Ashlyn Montgomery
Bolls of Steel-Joseph Burke	Double the Fun Strollers-Kelly Heslip
Bomb Squad -Diana Gaytan	Dynacisers 21-Lynn Reed
Brazos County DA A Team-Nathaniel Wood	Engineering IT Step-by-Step-Meghan Southerland
Brazos County Walking Warriors-Charlotte Hold	Enthusiastics In Sneakers-Andrea Reinertson
Brazos County-Nickie Boutte	ETID Hearts and Soles-Malini Natarajarathinam
Brazos DA Team One-Kristin Burns	Exercise & Compliance-Alex Cleghorn
Bringing Healthy Back-Maggie Berger	EXTreme Speed-Rudy Ruedas
Buns on a Run-Snow Havlik	Fat and All That-Erin Edwards
Butter's Walking Buddies-Cindy Becker	Feisty Females-Michele Skinner
Cancer Warriors-Kerstin Landrock	Footloose and Free Range-Micah Osburn
Chafing the Dream-Diana North	Fueled By Caffeine-Korina Kocurek
Chicks with Kicks-Shauner McDonald	Geoscience Trekkers-David Bacot
Cirque Du Sore Legs-Amber Pina	Gimme Bonus-Seonghyun Ryu
CLLA Maskateers-Sarah Franke	Gold Diggers-John Salvatus
College of Pharmacy -Pharmily -Ashley Ochoa	Groovy Grape Steppers-Brendan Mormile
Connected by Walk-Nicole Pottberg	Happy Feet-Tu Quach
Cops & Runners-Brandi Corriveau	Healthy Heroes-Preeti Singh
County Attorney EZ Team-Elizabeth Zwiener	Healthy Homies -Payton Walker
Coverage Captains-Courtney Smotherman	Holy Walkamolies-Allison Ricke
Cowgirl Up-Marisa Montelongo	Holy Walkamolies!-Angela Rendek-Giblin
CS Crew-Michelle Miller	Holy Walkamolies!-Megan Czajkowski
Cushing Panthers-Beth Kilmarx	HORT FLOWER POWER-Bonita Magby
Degree JOG-It-Ramona Stovall	Hort Perennial Posse-Ellen Provin
DMS Steppers-Jacquelin Alexander	HORT TREKKERS-Gerald Burgner
Don't Stop Til You Step Enough-Bradley Burroughs	Howdy-Brooklyn Lancaster
DOR - ExSports Stars-Autumn Biggers	Howdy-Brooklyn Lancaster
DOR - Not fast, Just furious -Jennifer Jackson	HOWDY RUN-Stephanie McCarthy
DOR - RUSH-Tiffany Inbody	Human Environmental Animal Team (H.E.A.T.)-Connor Pineda
DOR Change Agents-Monica Holder	



# Meet the teams and team captains

If I Had A Boat-Janet Pollard  
Jam & Co.-Johanna Esteves  
JoCo Joggers-Keely McCrady  
Kickin' Asphalt-Andrea Pfeifer  
Laney Bugs-Cindy Myles  
Laps4Laney-Flora Williams  
Making Strides-Stephen Searcy  
Mavericks-Claire Walsh  
Mind over Miles-Rosemary Schoenfeld  
Motionally Challenged-Joseph Sodolak  
MSL Marvels-Therese Corte  
MUPs21-Madison Brossett  
NESC -Donna Rios  
ODSL Legs Miserables-Hailey Flavin  
ODSL Queens of the Mile-Alex Jantz  
Operation: Kill-O-Meters-Wendy Wright  
Operation: Sole Survivors-Michael Lozano  
Operation: Witness the Fitness-Jessica Busto  
Peanut Butter & Jelly Legs-Brandi Flores  
Phage Busters-Jay Clark  
Precinct 3 Sole Mates-Karen Giles  
Qalankhkan-Summer Wilson  
Radiant Rice Racers-Katherine Ruth-Pritchard  
Rapid Thigh Movement-Chelsea Franks  
RECing The Dream-Arranna Bennett  
Red Hot Chili Steppers-Lisa Paradis  
RELLIS Sole Train-Lindsey Garza  
Rice CRISP(R)ies-Karina Morales  
Risky Record Walkers-Angela Skidmore  
Rogue Motion-Janina Siebert  
Run for Your ResLife!-Brandon Carlson  
Runs & Roses-Courtney Overby  
S.W.A.T.T. - Sprinters, Walkers  
and Trash Talkers-Deborah Elbrich  
See ya later, aggregator-Alicia Meza  
Shelbys-Shelby Swanson

Show Time-Courtney Redman  
Sole Beneficiaries-Sheri Meyer  
Sole Mates-Marisol Moreno  
Sole Sisters-Madison Strong  
South Campus Poppers- Gabriela Mayer  
Southside Superstars-Gennie Lynn  
Spevtaculars-David Woodlief  
Spring in Our Step-Jennifer Reiley  
Stone Cold Steppin-Tammie Burlin  
Strictly Business -Sonia Gonzalez  
StuAct's New Kids on the Walk-Dylan Murray  
Student Services Stompers-Sharneika Davis  
Studious Strollers-MacKenzie Foley  
Swaggies-Madeline Martinez  
Sydney's Team-Sydney Rosenberg  
Taco Walk on the Wild Side-Krystin Bodden  
TAMU Press Walkers-Thom Lemmons  
TAMU Triumph -Darren Zipp  
Team ELS-Carly Smith  
team pasta-Brianna Blattman  
TEES Trotters-Debra Oakes  
Texas Two-Steppers-Anaya Rhodes  
TFS Urban and Community Forestry-Paul Johnson  
The 3 Cobbs-DeEtte Mills  
The Chosen Buns-Leia Leveridge  
The Church of Walkatology-Barbara Winckler  
The Health Planners-Seth Schutze  
The karDASHians-Jocelyn Mata  
The Mandalorian Misfits-Megan Thatcher  
The MEEN Team-Megan Simison  
The Motley Crew-Elizabeth Morris  
The Original Holy Walkamolies-Kati Stoddard  
The Perambulators-Paulette Hoelscher  
The SHS Movers & Shakers-Collin Kidd  
The Tax Squad-Veronica Mauricio



## Meet the teams and team captains

The ThreadRippers-Peter Yu  
The Walkie Talkies-Matthew Johnson  
Three Armadillos-Amanda Reynolds  
Tough Engineers Enthusiastically  
Stepping (TEES)-Shyamala Rajagopalan  
Twinkle Toes-Dezarae Harden  
Twisted Blisters-Drew McMillen  
TX Tough/KY Strong-Linda Frost  
United Rec Force-Mark Haven  
Unleashed at CVMBs-Stacie Grange  
Unstable atoms-Delia Perez  
Un-STEP-able-Megan Culpepper  
VRSC Mission Possible-Colleen Morgan  
Walk Across KBTexas-Josh Ninke  
Walk It Off-Sherri Payne

Walk Ness Monsters-Wendy Kreider  
Walk This Way!-GeNae Welch  
Walkie Talkies-Merri Tilton  
Walking 9 to 5 (HR)-Carley Smith  
Walking Ricerones-Megan Enard  
Walking with the Kins-Sophia Valls  
Wandering Wildlanders-kelly reeves  
What a long strange trip it's been-Mark Matusek  
What is That in Miles? -Kayla Titus  
Wii Fit-Mike Lopez  
Wild Walkers of the West-Courtney Parrott  
Witness the Fitness-Michelle Coffman  
Witness the Fitness-Riya Patel  
Your Pace or Mine? or "funny name" here-Tori Janousek  
Your Pace or Mine?-Heather Wheeler

## Meet the sponsors and hosts



# Convert your physical activity to "miles walked"



## Activity Equivalents

Walk Across Texas! is a statewide, 8-week program that's free and open to everyone in the community! The goal of the program is to help people of all ages and abilities establish the habit of regular physical activity.

Is walking not your thing? No problem! Any activity can count towards your journey across Texas! Simply, we encourage you to move more and any activity is better than none!

Below are a variety of activities and guidance for you to calculate your daily mileage.  
Remember, these are estimates!

Activity	Actual Miles/Minutes	Recorded Miles
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Running (6 mph)	10 minutes =	1 mile
Cycling/Mountain Biking (13 mph)	7 miles =	1 mile
Spinning (vigorous intensity)	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1.5 miles
Stairmaster (moderate intensity)	20 minutes =	1 mile
Swimming (50 yds./min)	15 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing (moderate intensity)	20 minutes =	1 mile
Steps measured with a pedometer	2000 steps =	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

### Example

Converting minutes of an activity to miles "walked":

#### Activity Equivalent:

Aerobics (moderate intensity) for 30 minutes = 1.5 miles "walked"

You participate in an aerobics class for 45 minutes and want to convert that activity to miles walked:

$$\frac{30 \text{ min.}}{1.5 \text{ miles}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1.5 \times 45} = (X = 67.5 \div 30) = 2.25 \text{ miles "walked"}$$

Adapted from Rutgers University Extension: Walk New Jersey Point-to-Point; University of MD Extension: Worcester County 4-H.

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Updated January 2019

# Weekly virtual workout schedule

## Strengthening and Toning Class

February 24, 2021; Wednesday

10:00 a.m. via Facebook Live

## Dance Party

March 3, 2021; Wednesday

6:00 pm via Facebook Live

## Pilates

March 10, 2021, Wednesday

11:45 a.m.-12:30 p.m. via Zoom

<https://tamu.zoom.us/j/94931734106?pwd=U29OWjl6OWdvTU54YXF2VVJKZUUVldz09>

## Yoga

March 17, 2021, Wednesday

12:00 noon via Facebook Live

## Foam Roller Stretching

March 24, 2021, Wednesday

5:30 pm via Airrosti.com scheduler

<https://go.airrosti.com/scheduler/event/DXWVV3G788J>

## Brain Breaks

March 31, 2021; Wednesday

11:45 a.m. via Facebook Live

## Zumba

April 8, 2021; Thursday

12:00 noon via Facebook Live



**Tune in weekly for fun workouts and great door prizes! Some classes require pre-registration. See individual class details on next page. Please attend as many as your schedule permits.**



OPERATION WALK ACROSS TEXAS 2021 CHALLENGE  
MISSION: POSSIBLE 833  
VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT

Should you choose to accept it!

# STRENGTHENING AND TONING CLASS

A group fitness class focusing on muscular strength and muscular endurance. This class will help improve agility, balance, coordination, overall physical capacity and a sense of well-being. This week's virtual host is CHI St. Joseph Health.

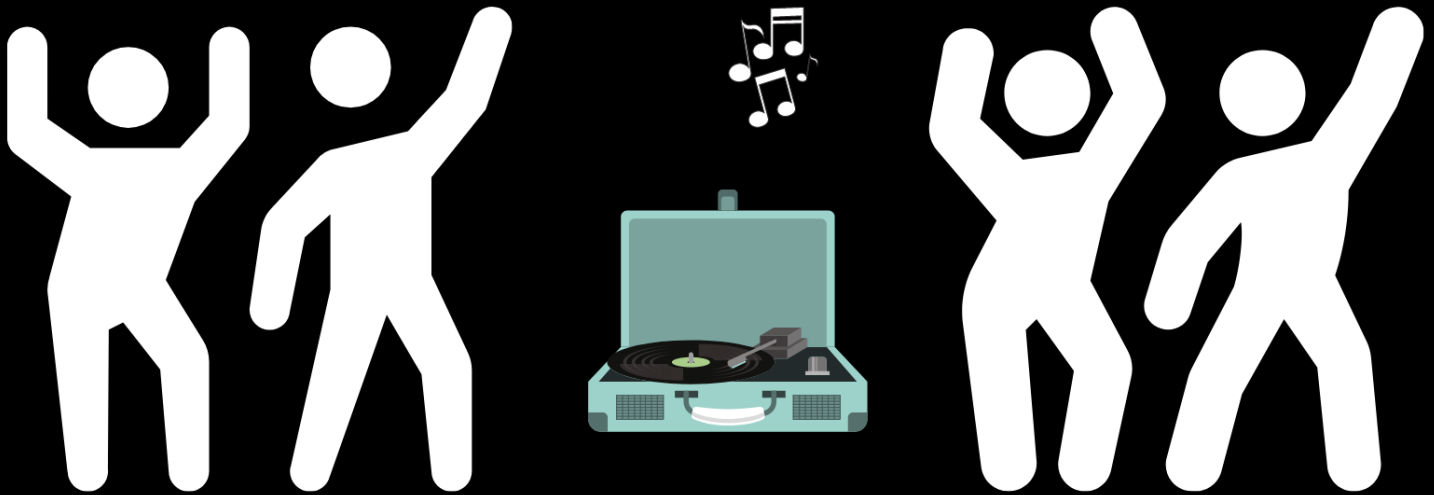


**FEBRUARY 24, 2021, WEDNESDAY  
10:00 A.M. VIA FACEBOOK LIVE  
@walk.across.texas.bv**

**MARCH 3, 2021, WEDNESDAY @ 6:00 PM**

**FACEBOOK LIVE**

**@WALK.ACROSS.TEXAS.BV**



**WALK ACROSS TEXAS 2021 CHALLENGE**

**MISSION: POSSIBLE 833**

**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**

**Should you choose to accept it!**

# ***DANCE PARTY***

**This dance party instruction will include 3-4 different dances, spanning a range of genres. The instructor will break down steps, answer questions, and then lead the class through a group “performance” of the routine. Hosted by the Brazos FCH/BLT Committee.**





TEXAS A&M  
**AGRILIFE**  
EXTENSION



**WALK ACROSS TEXAS 2021 CHALLENGE**  
**MISSION: POSSIBLE 833**  
**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**  
**SHOULD YOU CHOOSE TO ACCEPT IT!**



**PILATES CLASS**  
**MARCH 10, 2021, WEDNESDAY**  
**11:45 A.M.-12:30 P.M. VIA ZOOM**

<https://tamu.zoom.us/j/94931734106?pwd=U29OWjl6OWdvTUUs4YXF2VVJKZUVIdz09>

This Pilates mat session includes classical floor exercises that strengthen and lengthen all the muscles of the body. Plus increases flexibility and enhances posture. No prior Pilates experience is needed, this is geared to all levels of fitness. Comfortable workout attire and no shoes recommended. Hosted by Flourish at TAMU.



# OPERATION WALK ACROSS TEXAS 2021 CHALLENGE

## MISSION: POSSIBLE 833

### VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT

Should you choose to accept it!



# YOGA

# MARCH 17, 2021

# WEDNESDAY

# 12:00 NOON

# FACEBOOK LIVE

@WALK.ACROSS.TEXAS.BV

Join us for a lunchtime  
relax & restore yoga.



*Hosted by*

*Texas A&M University Rec Sports*

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AGRILIFE  
EXTENSION



THE  
TEXAS A&M  
UNIVERSITY  
SYSTEM



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EXTENSION

## **OPERATION WALK ACROSS TEXAS 2021 CHALLENGE**

**MISSION: POSSIBLE 833**

**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**

***Should you choose to accept it!***

# **FOAM ROLLER STRETCHING CLASS WITH AIRROSTI MARCH 24, WEDNESDAY 5:30-6:15 PM**

**REGISTER BY MARCH 19 AT  
[HTTPS://GO.AIRROSTI.COM/SCHEDULER/EVENT/DX  
WVV3G788J](https://go.airrosti.com/scheduler/event/dxwvv3g788j)**

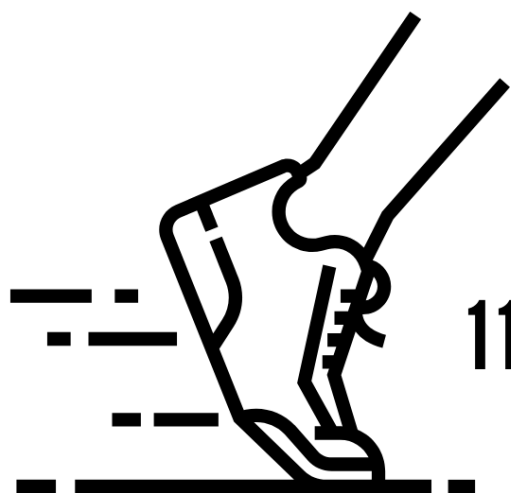
**HOSTED BY THE TEXAS A&M UNIVERSITY SYSTEM**

Would you like to learn how to improve your flexibility, increase blood flow and circulation, and reduce injuries or pain? Join us for an educational and interactive foam rolling class where you will learn how to use this valuable rehab tool. Let us teach you how using a foam roller can be an integral part of a healthy and active lifestyle.



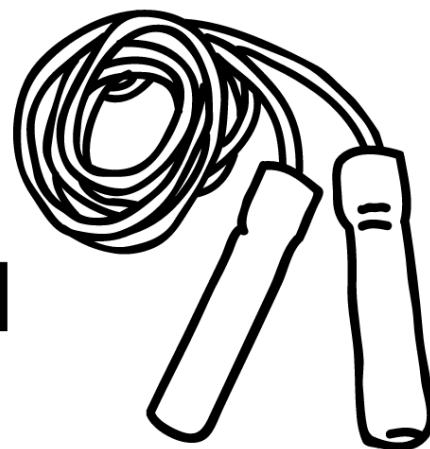
THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE TO ACHIEVE FULL AND EQUAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRILIFE.

**OPERATION WALK ACROSS TEXAS 2021 CHALLENGE**  
**MISSION: POSSIBLE 833**  
**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**  
*Should you choose to accept it!*



**BRAIN BREAKS**  
**MARCH 31, 2021**  
**WEDNESDAY**  
**11:45 AM - 12:15 PM**  
**FACEBOOK LIVE**

**@WALK.ACROSS.TEXAS.BV**



**Learn multiple short activities that  
will incorporate fun, movement and  
mindfulness into your day!**

*Hosted by*  
**Texas A&M AgriLife Extension Service**





# **OPERATION WALK ACROSS TEXAS 2021 CHALLENGE**

**MISSION: POSSIBLE 833**

**VIRTUAL WEEKLY INSTRUCTOR LED WORKOUT**

***Should you choose to accept it!***

## **ZUMBA**

## **APRIL 8, 2021**

## **THURSDAY**

## **12:00 – 12:40 P.M.**

## **FACEBOOK LIVE**

@walk.across.texas.bv

hosted by AgriLife Employee Wellness

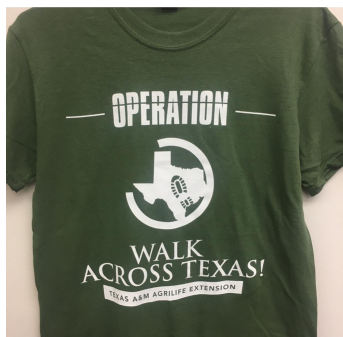
*Zumba*—The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective, there’s great music, easy to learn dance moves and best of all... it’s made for everyone.

## 2021 Awards and Recognition

Weekly Drawings  
Most Inspirational Person  
Most Creative Team Name  
Top Teams/Hall of Fame  
Random Drawing of Finishing Teams

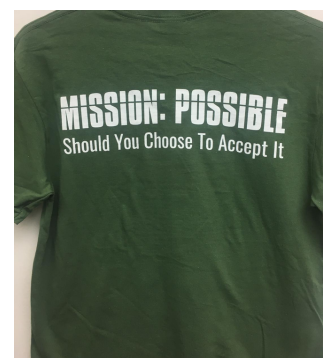
### Most Inspirational Person Nomination Process

Send an explanation along with a picture of why a team member has been an inspiration to you and your team to [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu) by March 20, 2021



### Merchandise

Themed T-shirts  
Short-sleeve only  
S-XL \$12.00  
2X-3X \$14.00



Brazos County Extension Office  
2619 Highway 21 West  
Bryan, Texas

Payable to Brazos WAT

*(Delivery available in Bryan and College Station)*

## Thank you Taskforce!

#### Chair

Lindsey Dauer-CHI St. Joseph Health

#### Treasurer:

Sara Mendez-Brazos County Health District

#### Secretary:

Pat Pierson-Texas A&M AgriLife Master Wellness

#### Volunteer

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:

Andi Bednorz-Texas A&M University System

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

Leslie Martinek-CHI St. Joseph

Mary Parrish- Brazos County Health District

Nickie Boutte-CASAP - Community Alcohol &  
Substance Awareness Partnership

Sheri Meyer-Texas A&M University System

Contact:  
Brazos County Extension Office  
Texas A&M AgriLife Extension Service

2619 Highway 21 West  
Bryan, Texas 77803

Phone: 979-823-0129  
Fax: 979-775-3768

For more information about  
Family & Community Health  
Walk Across Texas

or

Better Living for Texans classes  
contact

Flora Williams

E-mail: [fewilliams@ag.tamu.edu](mailto:fewilliams@ag.tamu.edu)

