

WELCOME EDITION

BRAZOS COUNTY WALK ACROSS TEXAS 2023

Celebrating 27 years of moving to our own beat!



WALK ACROSS TEXAS



THE LONG AND WINDING ROAD
TO 833 MILES

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.

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

THE LONG AND WINDING ROAD TO 833

Welcome to Walk Across Texas 2024! The Walk Across Texas Taskforce encourages everyone to move to your own beat. A big "Thank you!" to everyone who attended the Kick Off event in person and virtually. It was great to COME TOGETHER. The Kick Off Event can be viewed at <https://fb.watch/qcXIL54C6c/>.

The data from this newsletter covers February 10-14:

- Leagues - 23
- Teams registered - 275
- Individuals - 1,719

Our numbers will likely increase. All team members and teams must be in place by February 20. There are some teams (and maybe leagues) that did not select February 10 as the start date or Brazos County. Thus, they will not show up in the data.

IMPORTANT DATES-AT-A-GLANCE

- **Proclamation**-January 30, 2024 ✓
- **Event Dates:** February 10, 2024-April 5, 2024
- **Kick Off Event:** February 10, 2024
- Week 1: February 10 - February 16 ← 
- **Online Registration Deadline:** February 20, 2024
- Week 2: February 17 - February 23
- Week 3: February 24 - March 1
- Week 4: March 2 - March 8
- Week 5: March 9 - March 15
- Week 6: March 16 - March 22
- Week 7: March 23 - March 29
- Week 8: March 30 - April 5
- Last day to report team mileage: April 15, 2024
- The announcement of champions/Prize Patrol: April 19, 2024
- Weekly workouts: Feb 21, Feb 28, Mar 6, Mar 13, Mar 20, Mar 27, Apr 3



About the weekly e-news blast:

- Weekly e-news blast will arrive on or shortly after 2/21, 3/4, 3/12, 3/22, 4/2, 4/12, 4/19. Newsletter dates are based on the new WAT system update of the 10 days to report rule.
- Make sure your teams have entered all of their mileage by every 10th date from the start date.
- SEND pictures of your team in action, as well as any upcoming team or community fitness events, or stories for the newsletter.
- Email them to Flora Williams at fewilliams@ag.tamu.edu.

Do not forget

Check out this recipe!

Lemon Herb Couscous Salad

Cooking for two can be quite thrifty and healthy if you don't have to feed an army each meal! This Lemon Herb Couscous is the perfect portion for two without the hassle of scaling anything down. Pair it with our Stuffed Flank Steak or our Parmesan Breaded Chicken!



View video at

<https://dinnertonight.tamu.edu/recipe/lemon-herb-couscous-salad/>

SPONSORS & PARTNERS



We are still in need of sponsors for the celebration!

2024 WAT LEAGUES

2024 TAMU - College Edition

AgriLife Employee Wellness

Bethel Grove MBC

Brazos County Employees

Brooke's Besties

Bryan ISD Technology Dept.

City of Bryan

City of College Station

Division of Student Affairs

Engineer Your Wellness

Living Well at Texas A&M

MYCON General Contractors, Inc.

regiStrides

Scotty's House

St Joseph Health Therapy

TAMU Education and Human Development

TAMU Health Science Center

Texas A&M - School of Nursing

Texas A&M Division of Research

Texas A&M Foundation

Texas A&M University System Offices

University Libraries

UNIVERSITY OF ALABAMA

Thank you League
Commissioners!

Check out the playlist!

"The Long and Winding Road" That leads to your door Will never disappear

Benefits of Cardio Short-term

- Aids sleep
- Instant energy boost
- Weight loss
- Increased alertness
- Temporary metabolism boost

Benefits of Cardio Long-term

- Reduced risk of heart disease
- decreased resting heart rate
- heart and lungs become more efficient

Examples of Daily Cardio

- Jogging
- Swimming
- Walking
- Rowing or water sports
- Kickboxing
- Cycling
- Sports
- Jump Rope
- Roller Blading
- Hiking

The Beatles Playlist for Cardio

- A Hard Day's Night
- Eleanor Rigby
- Here Comes the Sun
- I Want to Hold Your Hand
- Let It Be
- Lucy In the Sky With Diamonds
- She Loves You

UPCOMING EVENTS

Walk Across Texas 2024 Brazos County

TEXAS A&M
AGRI LIFE
EXTENSION

Fun | Free | Fitness

FEB 10

KICK OFF EVENT (HOTWORX - BRYAN) 10:00 AM

Virtual or In-person Brazos Extension Office
4153 County Park Court Bryan, Texas

FEB 21

TEXAS A&M UNIVERSITY - STRENGTHENING 12:00 PM

facebook.com/walk.across.texas.bc/live/

FEB 28

ST. JOSEPH HEALTH - STRENGTH AND TONING 10:00 AM

Live 45 minute Zoom Class with the WellFIT Program
with St. Joseph Health! 10 am

Meeting ID: 912 3227 6855 Passcode: 074722

MAR 6

TO BE DETERMINED

Details coming soon!

MAR 13

TRUFIT- YOGA 4:30PM ZUMBA 5:45

BODY PUMP 7:00 PM

TruFit Villa Maria, 1900 W Villa Maria Rd Bryan, TX 77807

LIVING WELL AT TAMU- VIRTUAL YOGALATES

MAR 20

11:45 AM- 12:30 PM TAMU employees sign up via mobile app

Non TAMU employees should request the Zoom Link

MAR 27

BRAZOS FCH/BLT COMMITTEE - VIRTUAL DANCE PARTY

Via TEAMS

12:30-1:00 PM

APR 05

TEXAS A&M REC SPORTS - BODYWEIGHT WORKOUT

facebook.com/walk.across.texas.bc/live/

12:00 PM

VIRTUAL STRENGTHENING WORKOUT

**TUNE IN
FEB 21, 2024**



facebook.com/walk.across.texas.bc/live/

HOSTED BY

**TEXAS A&M UNIVERSITY –
KINESIOLOGY**



12:00 PM



Strength & Toning Workout

Join us for Live 45 minute Zoom Class with the
WellFIT Program with St. Joseph Health!

Wednesday, February 28th
@ 10:00am

Meeting ID: 912 3227 6855

Passcode: 074722

Contact Info:

Lindsey Armstrong, MSRLS, SE-ASNMT

Supervisor - Wellness Services

St. Joseph Health Cardiac Rehab/Wellness

O: (979) 704-6501

E: lindsey.armstrong@commonspirit.org



2024 WAT TEAMS

- 16 Feet with Sole
- A Step in the Right Direction
- A Walk In The Park
- AABS- Always Achieving Better Steps
- Abbey Roadrunners
- Across the Universe and Texas
- Advanced Persistent Trek
- All About That Pace
- All About The Payce
- All Together Now Across Texas
- All You Need is Living Well
- All You Need is Miles
- All you need is miles
- Annex Amblers
- Are We There Yet?
- Avocado Amblers
- Awesome & Spectacular
- Baby Got Track
- Baby got track!
- Becky's Toddling Troup
- Becky's Toddling Troup 2.0
- Blackbirds walking in the dead of night
- bling bling steppas
- Blister Buds
- Bris
- Can't buy me Miles
- CC Walkie Talkies
- Chafing the Dream
- Charlotte's Toddling Troup
- Chips and Walkamoli
- Chips and Walkamoli
- Christopher Walkin'
- Chubby Chicas
- Code Walkers
- Conduct & Cardio
- Ctrl+Walk+Del
- Cushing Crushers
- Degree Jog-It
- Dirty Crop Walkers
- DMS Walks
- DOR – Maestro Mystery Tour
- DOR All About That Pace
- DOR Don't Let Me Down
- DOR Helideck Hamsters
- DOR The Abbey Roadsters
- DOR Walking Around the Blocker
- DOR_TAMIDS
- DORa The Explorers
- DOR-Help! Here
- Double the Fun Strollers
- Dynacisers24
- EA Student Workers
- EFNEP Walkamolies
- EPSY Walkers
- Eraser Swift: The Errors Tour
- Fast Walkers
- Focaccia and Empanadas
- Garza
- GE Team 1 (Melissa)
- Gel Runners
- GIG'EM
- GiG'EM or KiK'EM
- Goal Getters
- Guy Bailey
- Happy Feet
- Healthy Living Control Group
- Healthy Living Test Group
- Heart and Sole Team
- Hello
- Help! (I need some water)
- Help! (the rest of you are gonna need it)
- Helpful Upbeat Babes (HR-HUB-6)
- Here Comes the Rain
- Here Comes the Run
- Here Comes the Run (Research Team)
- Here Comes the Run... (nah
- Hey Jude
- HORTTREKKERS
- Hot Pepper Steppers
- Howdy_SPED
- I walk miles with a little help from my friends
- I Want to Hold Your Hand Pipette
- iGROWers
- Innovation Moving Ground
- I've Got (No) Feeling Left in my Legs
- Jaywalkers
- Keep Calm and Query On: The SQL
- keep on truckin
- Kiss My Heels
- KM5
- Laces on the Fly with Blisters
- Lady Mocking Birds
- LAN Rovers
- Legs Miserables
- Let's Get Fiscal
- License to Walk
- Lost in Pace
- M&M's
- Macie's Pals
- Making Strides
- Maroon Milers
- MEEN in Motion
- Microbe Milers
- MSC programs (we're gonna win)
- MSL Marvels
- MTDE Misfits
- Myles Miles Team
- NCTM Kinesins
- New Kids On The Walk
- New Kids on the Walk
- Ninja Squirrel Squad
- No Mercy
- Not Fast Just Furious
- Oldies but goodies
- Olivia L. Gouveia
- Oogie Tater Trots
- Outdoor Adventurers
- Personnel Pacers

2024 WAT TEAMS

- Pharma Pill Posse
- PhotoTexas CS
- Pigg Walkers
- Pokémon Rangers
- Public Health Walkers
- PVFA Creative Walkers
- Queso & Walkamolies
- Red Hot Chili Steppers
- Red Hot Chili Steppers
- Reforming Couch Potatoes
- RELLIS Stroll Patrol
- Risk Management Dept
- Risky Business
- rod wave fan club
- Roots and Glutes
- Rubber Soles on Techbuy Road
- Running From the Law
- Running Hustlers
- Scholarships Team
- School of Walk
- Scrambled Legs
- Scrambled Legs
- SEHD Stroll Stars
- Sgt Pepper's™ Lonely Fish Club
- Sgt. Pepper's™ Lonely Walking Club
- Sgt. Pepper's Lone Star Walking Club
- Sgt. Pepper's Lonely Walkers Club Band
- Sgt. Pepper's Striders
- Shake it Shake it
- Singh's Scampering Scholars
- Sir Walksalot
- Slow and Furious
- SOFC
- Sole Investigations
- Sole Sisters
- Sole-less
- SoloHighker
- Sophia's™ Team
- South Campus Steppers
- Speedy Turtles
- Spinebinders
- Squad Maxey
- St Joseph Health – Inpatient Therapy
- St Joseph Health Acute Care Therapy
- Step Up
- Strawberry Field Strollers
- Strawberry PHields
- Stroll Sisters and a Sole Man
- Stroll Trolls
- Student Activities
- TAMU Women's Club
- Tater Trots
- Tater Trots
- Tater Trotters
- Tator Trots
- TCALL Trailblazers
- Team Godzilla
- Team Name
- Team OYE Vey
- Team Walking Dead
- Tech Trek Titans
- Techs
- Texas A&M Fort Worth
- Texas Trekking Goddesses
- The 12th Walkman
- The Advising Avengers
- The Aggie Rice Runners
- The AgriVators
- The aMAYSing Race
- The Bus Drivers
- The Cherringtons
- The Dojo
- The Fast and the Curious
- The Get Along Gang
- The Hilly's Have Eyes
- The Hippy Hippy Shake
- The I Don't™ Knows
- the Intentional Walkers
- The Lemon Pepper Steppers
- The Lollygagging Lobbyists
- The Murphy Mob
- The Original Holy Walkamolies
- The Pedominators
- The peritrichous (we all move together)
- the roomies
- The Walk Ness Monsters
- The Walk Ness Monsters
- The Walking Wonders
- The Young and the Breathless
- TI Coffee Runs
- Ticket to Stride
- TLAC 4Eva
- TLAC Walkers
- TLI Mall Walkers
- TLI Trekkers
- T-Recs
- Twist & Shout
- Twist and Shout!
- Twisted Sister's
- Udder Chaos
- ujwals team
- USAR gals
- VetMed Paw Patrol
- VMBS Dog Tired
- VMBS Unleashed
- Walk Across KBTexas
- walk it to the top!
- Walk 'n Rollers
- Walk the Line
- Walkaholics
- Walk-a-holics
- Walker
- Walker Texas Counselor
- Walker's Team (Again)
- Walker's Team (Not)
- Walkie Talkie
- Walking "Eight Days a Week"
- Walking 9 to 5
- Walking 9-5
- Walking Away from Work



2024 WAT TEAMS



- Walking Benefits
- Walking Between Blocker and Nagle
- Walking Here
- Walking Legionnaires
- Walking on Sunshine
- Walking Through Bluebonnet Fields Forever
- Walking to Our Own Beat
- Walking Warriors
- Walking with a little help from my Friends!
- Walkway Wizards
- Wandering Wildlanders
- WAT Was I Thinking
- WATs Our Name Again?
- We All Live in a Yellow LABmarine
- We Are the Walkrus
- We Can Walk It Out
- We Can Walk It Out
- We Have a Spreadsheet for That
- We Mean Business
- We Step Better Than You
- Werner's Walkers
- We've Got The Runs
- What A Team 2024
- What is That in Miles?
- What Team? WildStuActs!
- While My Calves Gently Weep
- While My Feet Gently Weep
- Will Walk For Snacks
- WinOrBooze!
- Witness the Fitness
- Worst Pace Scenario
- Yellow SWAT-marine
- Yesterday...all those miles seemed so far away
- yipeeeee
- Your Pace or Mine?
- Zach 's Long and Winding Road
- Zookie



2024 WAT YOUTH TEAMS



- 12th Man Classroom
- Aggie Ring
- Aggies
- Aggies (wrong)
- Century Tree
- Class 108
- GIG'EM (Room 113)
- Gig'em 10
- Gigem
- Howdy
- Howdy
- Hullabaloo
- Kyle Field
- Lil Roadrunners – Rm 107
- Maroon & White
- Rapid Racers
- ReveilleWalkers
- Solo Superstar
- Spirit of Aggieland
- Whoop
- Whoop

WALK ACROSS TEXAS KICK OFF EVENT VIPS

Adam Moncada

Alice Kirk

Amanda Reynolds

Amy Martinez

Andrea Ryan

Angela County

Angelina (Angie) Nieto

Angie Medine

Anna Davidson

Annalee Epps

Ashley Fuqua

Audra Lewis

Cee Ellis

Christine Smith

Cindy Hart

Cody Walston

Danae Kudo

Daniel Odenweller

Danielle

Dina Nutall

Dorithie Thomas

Doug Scheuring

Evelyn Dorsey

Flora Williams

Fran B Duane

Frances Sissamis

Gladis Castanon

Herminia (Minnie) Russell

Jaclyn Upshaw-Brown

Janel Robin

Jose Cuenca

Josh Titus

Joshua Botros

Judy Kurtz

Julie Prouse

Karen Giles

Kayla Titus

Kenya Brica Montes

Kerstin Landrock

Kirstin Brekken Shea

Koraima Sanchez

Lara Meece (Grimes)

Laura Ramsdale

Linda McGuill

Lisa Capps

Lora Jorgensen

Madi Windsor

Marcelino Ybarra

Mario Limon

Mark Haven

Mathilde Bardy

Michael Kirk

Miguel Cantu

Morgan Menges

Nahad Abdelrahman

Nancy Tran

Nickie McDaniel

Patty Beasley

Paulina Virgen

Priscilla Rios

Rafael Garza

Rob Meyer

Sachi Carr Chargualaf

Samuel Childers

Samuel Garza

Sara Mendez

Sarah Quiroz

Sebastian Jackson

Shannon Rose

Sheri Meyer

Snow Havlik

Stephany Toinga

Summer Dubec

Sydney Wood

T.J. Robie

Tamara Garza

Teresa Tyson

Wendy Kreider

Ylanie Gachupin

*Thank
you!*



Lohman Learning Community for
volunteering at 2024 WAT Kick
Off!

Kick Off Event Door Prize Winners

Grand Station Bowling Passes

Doug Scheuring
Wendy Kreider



Grand Station Bowling Pin

Dorithie Thomas

Grand Station Swag

Sheri Meyer
Kayla Titus

Grand Station Laser Tag Passes

Jose Cuenca
Stephanie Orocio

Grand Station Mini Golf Passes

Stephany Toinga
Madi Windsor



BCS Axe House Certificate

Miguel Cantu



Williams Tire Service, LLC

24 HOUR MOBILE TIRE SERVICE

Jemie "Rel" Williams - owner

- *Flat Repairs
- *Tire Changes
- *18 Wheelers
- *Tractors
- *RVs
- *Lawn & Garden
- *Fleet Checks with Air Pressure & Tread Depth



WALK ACROSS TEXAS

Amazon Gift card provide by Williams Tire Service, LLC

Sarah Quiroz
Mona Somers
Kenya Brica Montes
Anna Davidson
Janel Robin
Julie Prouse



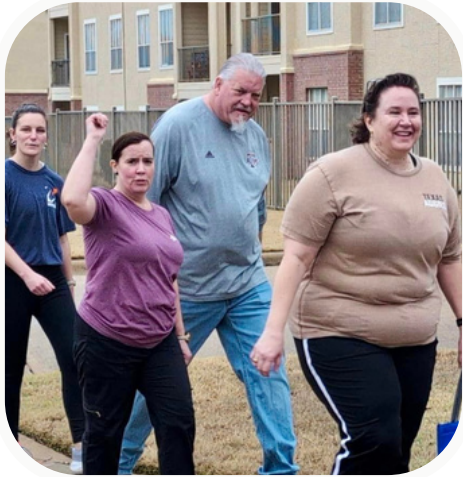
Amazon Gift card provide by WAT Taskforce Member

Sachi Carr Chargualaf
Jacqueline Upshaw Brown
Samuel Garza
Angie Medina
Marcelino Ybarra

Snapshots of the Kick Off Event



Snapshots of the Kick Off Event



HOWDY HEALTH UPDATES



2024 Walk Across Texas Program Updates

We're thrilled to announce that we have rolled out some fantastic enhancements to the program that we think you'll absolutely love 🚀

Participant feedback has been invaluable in shaping these enhancements. We've listened, learned, and implemented these changes to better meet your needs.

We can't wait for you to explore these updates and discover how they can elevate your experience with the Walk Across Texas program.

🌟 Improved User Experience

We have revamped the program dashboards to make the website more intuitive and user-friendly.

Navigating through the program has never been smoother!

🏃 Enhanced Mileage Entry Process 🏃

Participants now have the ability to add in daily miles walked (distance) or steps.

Also, participants can add up to 3 bonus activities daily from a selection of nearly 50 different moderate to vigorous physical activities in a new dedicated Bonus Miles section.

📉 Daily Team Member Mileage Limit - 20 Miles

Implemented a daily limit on the number of miles that can contribute to the overall team mileage total.

The limit is 10 miles for each of the daily mileage and bonus miles sections, for a maximum of 20 miles per day.

However, rest assured that all individual mileage will be accurately recorded in your team member account.

This way you can still track your individual mileage totals, yet we can maintain a level playing field that acknowledges and appreciates everyone's contributions.

HOWDY HEALTH UPDATES



2024 Walk Across Texas Program Updates



Introducing Program Deadlines

We have added clear deadlines for registration and mileage entry:

- **Registration Deadline:** all participants must be registered within 10 days of the start date.
- **Retroactive Mileage Entry:** all participants must enter daily mileage within 10 days of the selected date walked.

These deadlines will help you stay on track, maintain focus, and achieve your goals faster than ever before!



New Account Features

There are new account features that will empower you to do more with the program:

- We've enhanced the past program history section.
- Participants will now have access to verified completion certificates at the end of each Walk Across Texas program.



Virtual Progress Map

This allows you to see your team's virtual progress as you Walk Across Texas in real time.

Stay motivated, collaborate, and celebrate your achievements together!



Your success is our top priority, and these enhancements are designed to achieve just that. 🏆

Answers to all of your questions and support requests are just a click away!

Review the Frequently Asked Questions for more information:

<https://howdyhealth.org/programs/helpdesk>

While these exciting changes are being implemented throughout the Walk Across Texas program on a statewide level, we encourage you to connect with your local leadership for any specific features tailored to the unique aspects of your program.

HOWDY HEALTH UPDATES



Mileage Equivalents for Bonus Miles

Category	Activity	Time to Equal 1 Mile
Bicycling	Bicycling	13 minutes
Conditioning Exercise	Active Video Game (moderate)	19 minutes
Conditioning Exercise	Active Video Game (vigorous)	13 minutes
Conditioning Exercise	Circuit Training (moderate)	17 minutes
Conditioning Exercise	Circuit Training (vigorous)	12 minutes
Conditioning Exercise	Elliptical	15 minutes
Conditioning Exercise	Health Club Exercise	15 minutes
Conditioning Exercise	Pilates	24 minutes
Conditioning Exercise	Resistance/Weight Training	20 minutes
Conditioning Exercise	Rowing (moderate)	16 minutes
Conditioning Exercise	Rowing (vigorous)	14 minutes
Dancing	Dancing	12 minutes
Lawn and Garden	Gardening	19 minutes
Lawn and Garden	Yard Work (moderate)	18 minutes
Lawn and Garden	Yard Work (vigorous)	14 minutes
Running	Jogging	13 minutes
Running	Running	12 minutes
Sports	Badminton	15 minutes
Sports	Baseball/Softball	15 minutes
Sports	Basketball	13 minutes
Sports	Bowling	24 minutes

Category	Activity	Time to Equal 1 Mile
Sports	Cricket	16 minutes
Sports	Fencing	14 minutes
Sports	Football	12 minutes
Sports	Golf	16 minutes
Sports	Hockey	12 minutes
Sports	Horse Racing (galloping)	13 minutes
Sports	Horse Racing (trotting)	14 minutes
Sports	Horse Racing (walking)	19 minutes
Sports	Kickball	13 minutes
Sports	Martial Arts	12 minutes
Sports	Paddleball	14 minutes
Sports	Playing Children's Games	14 minutes
Sports	Racquetball	13 minutes
Sports	Rock Climbing	12 minutes
Sports	Roller/Ice Skating	13 minutes
Sports	Rope Jumping	12 minutes
Sports	Skiing	13 minutes
Sports	Soccer	13 minutes
Sports	Tai Chi	24 minutes
Sports	Tennis	13 minutes
Sports	Volleyball	18 minutes
Water Activities	Kayaking	15 minutes
Water Activities	Swimming (moderate)	20 minutes
Water Activities	Swimming (vigorous)	12 minutes
Water Activities	Water Aerobics	15 minutes

Version 1 - January 2024

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, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

2024 Awards and Recognition

Workout Drawings (must be present to win)

Most Inspirational Person

Most Creative Team Name

Top 3 Teams/Hall of Fame

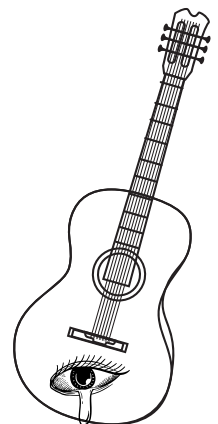
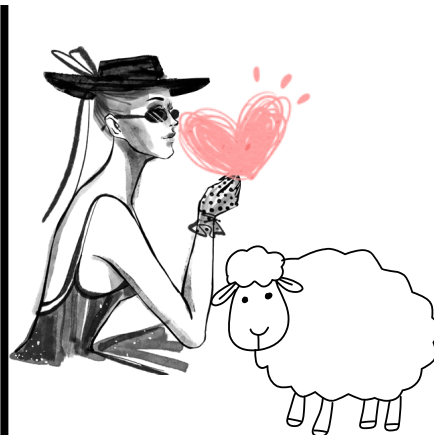
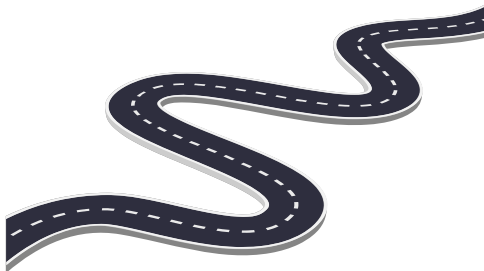
Random Drawing of Finishing Teams

Nominate most inspirational person by March 20

Nomination should be a detailed nomination on why this person should be named Most Inspirational



Beatles Trivia: Name that song.



Support WAT! Buy Merchandise!

(Sizes available Small through 3X-Large) \$16 per shirt

Brazos County Extension Office

4153 County Park Court

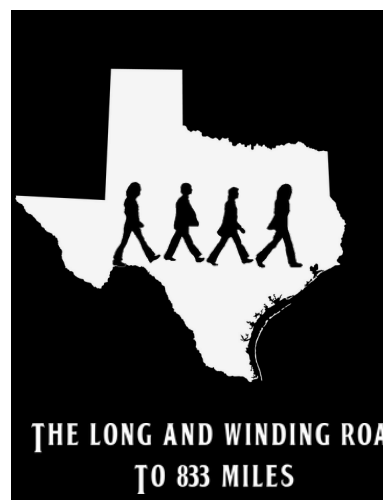
Bryan, Texas 77802

979-823-0129

Contact: Flora Williams at

fewilliams@ag.tamu.edu

Front
view



Back view

Payable to Brazos WAT

(Delivery available in Bryan and College Station)

Payment methods: exact change (in-person), check, credit or debit card



We would  to sell out of all shirts!

Previous year's shirts
from 2023
\$10 each
3 for \$25
or 8 for \$50
Small-2XLarge

Chair

Nickie McDaniel-Division of Student Affairs

Texas A&M University -

Treasurer:

Lindsey Armstrong-St. Joseph Health

BLT County Extension Agent/Advisor:

Lora Jorgensen-Texas A&M AgriLife

FCH County Extension Agent/Advisor:

Flora Williams-Texas A&M AgriLife Extension

Specialists/Advisors:

Alice Kirk-Texas A&M AgriLife Extension

Michael Lopez-Texas A&M AgriLife Extension

Thank you Taskforce!

Members:

Dorithie Thomas-Texas A&M AgriLife

Judy Kurtz-Texas A&M AgriLife

Mary Parrish-Texas A&M AgriLife

Sheri Meyer-Texas A&M University System

Julie Prouse-Master Wellness Volunteer

David Garcia-City of Bryan

Living Well at TAMU

Kirsten Brekken Shea-Texas A&M University

Riley Fisher-AgriLife Intern

Andrea Ryan-County Extension Agent (Grimes County)/Mentee

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

4153 County Park Court
Bryan, Texas 77802

Phone: 979-823-0129

For more information about
Family & Community Health
Walk Across Texas



contact

Flora Williams

E-mail: fewilliams@ag.tamu.edu

or

Lora Jorgensen

E-mail: lora.jorgensen-tjorn@ag.tamu.edu



TEXAS A&M
AGRILIFE
EXTENSION