

FABLOW AgriLife

FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Frio, Atascosa, Bandera, Live Oak, & Wilson County.

Starts Feb. 1st!

WALK N TALK SERIES: DAILY POSTS, WEEKLY LESSONS WITH LIVE COOKING & WALKING SESSIONS! EACH WEEK A NEW FRUIT OR VEGETABLE WILL BE FEATURED.

FABLOW AgriLife
WALK N TALK
FRUIT & VEGETABLE

Find us on Facebook

Join the Facebook Group:
2021 Walk N Talk - FABLOW AgriLife

WALK WITH US!

For Texans walking the road to a healthier life, the journey begins with a single step...

Walk N Talk is an 8-week series, daily posts, weekly lessons with live cooking/walking sessions! Each week, a new fruit or vegetable will be featured.

Feb 1st - WALK N TALK Starts!



**Join the Facebook Group:
2021 Walk N Talk - FABLOW AgriLife**

TAKE THE SURVEY!

TexasSpeaks is an online survey conducted by Texas A&M AgriLife Extension Service with the purpose of listening to Texas citizens as they identify the strengths and needs of their communities.

What is the goal of the survey?

Engage as many Texas citizens as possible to create the most accurate and helpful data to support Texas communities at both the state and local levels.

Things to know:

- Online
- Anonymous
- Takes approximately 10 minutes or less
- This survey is part of several efforts to identify and understand the issues facing Texas communities
- Identifying relevant issues is fundamental to the program development model of Texas A&M AgriLife Extension Service
- Includes an open feedback section for areas not listed within the survey
- Includes an opportunity to elect to receive contact by the agency

TEXAS SPEAKS

PARTICIPATE TODAY!

The online survey is anonymous, open to the public and takes 10 minutes to complete at:

<http://tx.ag/texasspeaks>

TEXAS A&M
AGRI LIFE
EXTENSION



"You are worth more than your second thoughts and maybes." - unknown




WALK ACROSS TEXAS

Walk Across Texas is an eight-week program designed to help Texans establish the habit of regular physical activity. Each adult team may include up to 8 team members, all working together to reach the 832-mile goal to make their way across the state of Texas.

Ready to take the challenge? Grab your friends, family, co-workers and let's get started by registering today.

Keep Track of Your Steps through Howdy Health:
[HTTPS://HOWDYHEALTH.ORG](https://howdyhealth.org)

- FRIO LEAGUE CODE: WATL-210119-52346
- ATASCOSA LEAGUE CODE: WATL- 210125-67594
- BANDERA LEAGUE CODE: WATL- 210120-25967
- WILSON LEAGUE CODE: WATL- 210119-99866



**Keep Track
of Your
Steps
through
Howdy
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**Register your team:
<https://howdyhealth.org>**

Walk N Talk- Frio County
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watL-210119-52346

Walk N Talk- Atascosa County
League Code:
watL-210125-67594

Walk N Talk-Bandera County
League Code:
watL-210120-25967

Walk N Talk - Wilson County
League Code:
watL-210119-99866

VALENTINE'S & FEBRUARY PROGRAMS

Learn what we're doing for Valentine's Day and our current program we're implementing on Facebook. Oh, visit howdy health (<https://howdyhealth.org/>) to track your steps with us. Podcast available on 11 different platforms.

Let us know what you're doing for Valentine's! Share with #FABLOWAgriLife

We Hope You Have a Sweet Valentine's!



FRIO



Jocelin Villarreal - FCH Ext. Agent

County Events & Programs on
<https://frio.agrilife.org/>

ATASCOSA



Dru Benavides - FCH Ext. Agent

County Events & Programs on
<https://atascosa.agrilife.org/>

BANDERA



Jessica E. Faubion - FCH Ext. Agent

County Events & Programs on
<https://bandera.agrilife.org/>

WILSON



Nicole Demmer - FCH Ext. Agent
Birthday Girl Month

County Events & Programs on
<https://wilson.agrilife.org/>



FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- **Podcast:** FABLOW AgriLife is on 11 different platforms (find us!)
- **Blog/Main Hub:** <https://fablowagrilife.weebly.com/>
- **YouTube & Pinterest:** FABLOW AgriLife (find us!)

