FABLOW Agrilye :

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



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 m
- 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





"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

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





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/

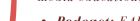
WILSON



Nicole Demmer - FCH Ext. Agent Birthday Girl Mouth

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





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