

JIM HOGG COUNTY NEWSLETTER | VOL.1 ISSUE 1| 5/18/2020

▶ UPCOMING EVENTS

May 20 Cooking Well with Diabetes Online Session 1

May 22 Health Talk Express Online Session 1

May 27 Cooking Well With Diabetes Online Session 2

May 29 Health Talk Express Session 2

June 3 Cooking Well With Diabetes Online Session 3

June 5 Health Talk Expression Online Session 3

June 10 Cooking Well With Diabetes Session 4

June 12 Health Talk Express Session 4

All Programs will begin at 3:00 P.M.

▶ CONTACT

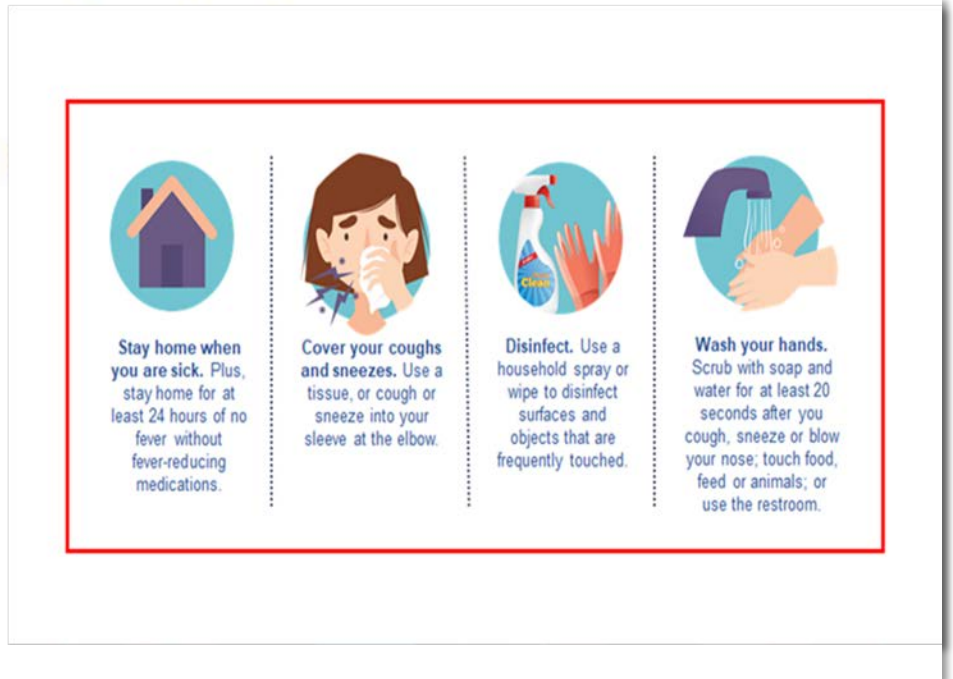
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Texas A&M AgriLife Extension -
Jim Hogg County

YouTube: Texas A&M AgriLife
Extension Jim Hogg County

Healthy Texas combines the expertise of the Texas A&M University Health Science Center with Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to promote preventive health at the most local level of the community, improving the well-being of Texans for generations to come. "Healthy South Texas," the pilot program of Healthy Texas, is a novel effort to reduce the highest impact diseases and their consequences, including diabetes, asthma and infectious disease, throughout a 27-county region in South Texas. This comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves quality of medical care and health outcomes. Learn more at healthytexas.tamu.edu.

Healthy South Texas is an equal opportunity program provider.



Memorandum to Jim Hogg County Residents,

As the outbreak of the coronavirus continues, controlling the prevalence of exposure to our community relies strictly on us. Please continue to practice precautionary methods (limited social gathering, social distancing, face masks, frequent hand washing, etc.) Completing these tasks regularly will reduce our chances of exposure and spread of COVID-19.

In combat to this, Texas A&M AgriLife Extension has moved programming efforts online and continues its mission to help Texans better their lives.

Jim Hogg County Health Extension Agent (Cosme Rubalcaba), is currently offering 2 virtual programs online. Cooking Well with Diabetes, & Health Talk Express.

CWWD Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLScaHBgJSxLjPcE68Rvjh-zl37y1ZWJ4iS-Xmn-CM9MqankTeA/viewform?usp=sf_link

Health Talk Express Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLSe8CRsfUFXmE6rprheOEcNCXpbO9WWY4lfp2iLSyvk2hu5bRw/viewform?usp=sf_link



FUN FACT

Did you know that 20 minutes of **any** exercise (dancing, gardening, walking, hunting, fishing, etc) equals 1 mile?

Walk Across Texas Summer 2020

Walk Across Texas! Adult 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 grab your co-workers, family members, and students' parents and get registered.

(Virtual) Kick-Off Date: **July 1, 2020**

Contact Cosme G. Rubalcaba for registration info.



JHCISD WAT Adult Champions Fall 2019

Benefits of Physical Activity

<https://www.youtube.com/watch?v=2H-3AbTvc8&t=9s>