















healthy  
**RURAL TX**



Learn how to be healthier while  
earning a little extra money  
with

# Healthy Rural Texas







**HRTX, is a FREE 12-week health program that helps Texan Families**

- **Eat Healthier**
- **Be Active**
- **Lead Overall Healthy Lifestyles**





**Join our  
program  
today!**



**Click on the link  
to complete a  
short survey to  
see if you qualify!**

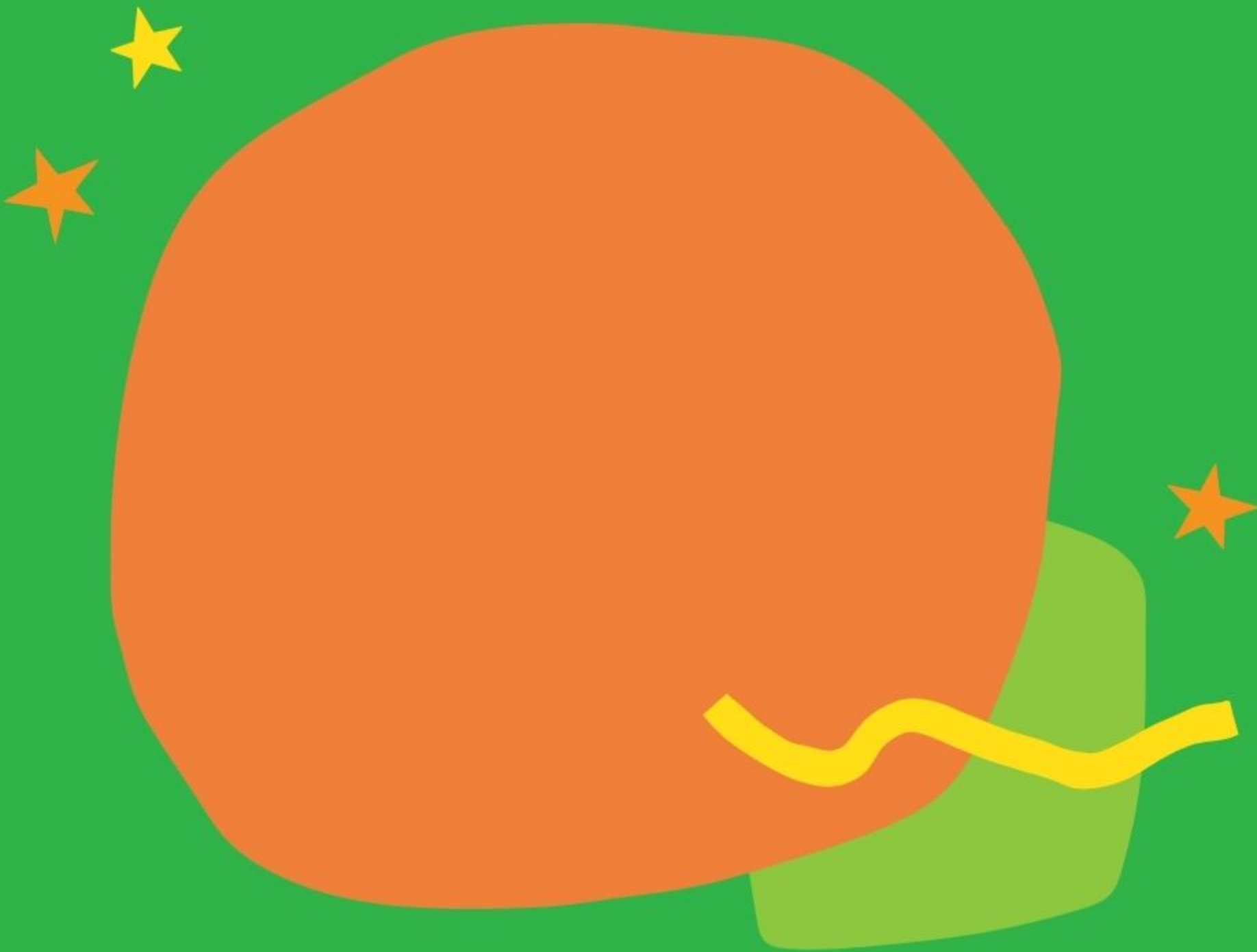




# PROGRAM NEWS & UPDATES



**THANK YOU SO MUCH**



**FOR YOUR SUPPORT!**





# HEALTHY RURAL TEXAS PROGRAM



Do you know any families living in Frio County? Share our program! The program offers:

- ✓ Individual check-ins
- ✓ Healthy low-cost recipes, and
- ✓ Expert recommendations for physical activity and nutrition

[healthyruraltx.com](http://healthyruraltx.com)

