



# MAINTAIN NO GAIN

## FOR A HEALTHY HOLIDAY SEASON.

Jump start your New Year's goals by preparing healthy recipes, eating fruits and vegetables, staying active, and weighing in once a week throughout the holidays! Join other Texans who are committing to a healthier holiday season with Maintain No Gain.

**Every Tuesday – Weigh In – Starting November 14, 2017**

**9 am – 4pm**

**Lunch N Learn Program on 11/21, 12/5, and 12/19**

\*Weigh in is available between 9 am and 4 pm on Tuesdays through the County Extension Office. If you are interested in learning more about staying healthier through the holiday season, join for a Lunch N Learn every other Tuesday starting 11/21.

**Texas A&M AgriLife Extension Office – San Augustine County**

**201 N Harrison St.  
San Augustine, Texas**

**For more information and to register:**

In-Person: At the County Extension Office

Email: Sandy Jenkins at [sandy.jenkins@ag.tamu.edu](mailto:sandy.jenkins@ag.tamu.edu)

Phone: Sandy Jenkins (936) 275-3644.

*Original program created by: Cardiovascular Health and Wellness Program - Texas Department of State Health Services*

**TEXAS A&M  
AGRI LIFE  
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County Commissioners Courts of Texas cooperating.