



MAINTAIN
NO GAIN

TEXAS A&M
AGRILIFE
EXTENSION

ENJOY YOUR HOLIDAYS THE HEALTHY WAY

Maintain No Gain

Motivational tools, healthy recipes and fitness tips to help you control your weight over the holiday season.

Anyone can participate! Only \$20 w/Grand Prize @ end of program

Fridays @ Noon:

December 6th, 13th, 20th

January 3rd, 10th, 17th

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Texas A&M AgriLife Extension office

104 S. Fuller, Meridian, TX

**Register on online at bosque.agrilife.org or contact Chris Coon,
County Extension Agent - Family & Community Health by
calling 254-435-2331 or email chris.coon@ag.tamu.edu**

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