



Class series offered through Better Living for Texans

Walk & Talk -

This series will emphasize the importance of regular physical activity and discuss the benefits of eating fruits and vegetables. This series consists of eight lessons and will cover a fruit or a vegetable during each lesson. Each class is one hour long with an incentive gift given in the first, fourth, and eighth lesson to every participant.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.