



**STEP UP
SCALE DOWN**
TEXAS A&M AGRILIFE EXTENSION



STEP UP TODAY FOR A HEALTHIER TOMORROW.

Meal planning, eating more fruits and vegetables, and stepping up physical activity are the key concepts of Step Up, Scale Down. Join other Texans who are learning how eating well and exercising more can lead to a healthier lifestyle!

Sept 3- Nov 19, 2020

Noon PL Library 5:30 Extension Office

Contact karen.lyssy@ag.tamu.edu 552-9747

Visit the website and register today:

stepupscaldown.org

TEXAS A&M
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