



# ▶ Healthy Families, Healthy Communities

**Where:** Peter McNamara Parish Hall  
1609 Glenn St. (Next to Our Lady of Lourdes Catholic Church)

**Day:** Thursday, May 30, 2019

**Time:** 9:00A.M. – 12:00P.M.

**Giving your baby and family a healthy start through:**

- Demonstrations
- Resources
- Games
- Education
- Health Screenings



**Amazing door prizes include:**

- Crib and Mattress
- ExerSaucer Activity Center
- Pack and Play
- High Chair
- Stroller with Car Seat Travel System
- Toddler Bed with Bed Rails and Mattress



**FREE diapers** (While supplies last)

Sponsored by: 

**superior  
healthplan.**



TEXAS A&M  
**AGRI LIFE**  
EXTENSION



TEXAS A&M UNIVERSITY  
**Health Science Center**

**For more information contact:**

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- ◆ Doctors Hospital of Laredo
- ◆ DentaQuest



Healthy Texas combines the expertise of the Texas A&M University Health Science Center with Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to promote preventive health at the most local level of the community, improving the well-being of Texans for generations to come. "Healthy South Texas," the pilot program of Healthy Texas, is a novel effort to reduce the highest impact diseases and their consequences, including diabetes, asthma and infectious disease, throughout a 27-county region in South Texas. This comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves quality of medical care and health outcomes. Learn more at healthytexas.tamu.edu.