

HEALTH TALK EXPRESS SCHEDULE



MON. OCT. 13 **Nurtured by Nature Session**

10:00 AM - 11:30 AM Garbanzo Crunchies Recipe and Exercise



MON. OCT. 20 **Controlling your Blood Pressure Session**

10:00 AM - 11:30 AM
Zucchini Noodles Recipe, Exercise and
Blood Pressure checks



MON. OCT. 27 Stress Less: Mind Matters Session

10:00 AM - 11:30 AM

Apple Pie in a "glass" recipe and Exercise



MON. NOV. 3 **Cholesterol Matters: Be Heart Healthy**

10:00 AM - 11:30 AM

Banana Stacks Recipe and Exercise



Hondo Methodist Church Fellowship Hall 1006 16th Street Hondo, Tx 78861



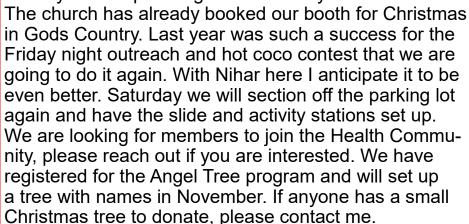
For more details and updates about these events, please contact Casey McPherson at Casey.McPherson@ag.tamu.edu



Wesley Nurse Corner

Dear Hondo Congregation and Community Members.

Happy October! I can't believe we have already started planning for the holidays.



Who likes good BBQ??

Bluebonnet Children's Advocacy is having there annual "Cooking For The Kids" BBQ cookoff in Castroville on Oct 11th. I need judges!! Must be 16yrs or older to judge. Call if interested and I will give you more details. I have partnered with Texas A&M AgriLife to host a Walk & Talk class. It is a 4 week class starting October 13th @ 10am. We will walk 2 miles and will learn how to make some healthy meals. All classes will have an education component.

Thank you for all you do to support me and the Wesley Nurse Program!!

God Bless,

Barbara Brennan-West RN Wesley Nurse

Telehealth &Visit by Appointment Hours:

M-F 8am – 5pm

Call: 830-584-1760

