



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

TEXAS A&M
AGRI LIFE
EXTENSION

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.

The church has already booked our booth for Christmas in Gods Country. Last year was such a success for the Friday night outreach and hot coco contest that we are going to do it again. With Nihar here I anticipate it to be even better. Saturday we will section off the parking lot again and have the slide and activity stations set up. We are looking for members to join the Health Community, please reach out if you are interested. We have registered for the Angel Tree program and will set up a tree with names in November. If anyone has a small Christmas tree to donate, please contact me.

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