

# ADULTING

WITH *Public Health*



ABILENE TAYLOR COUNTY PUBLIC HEALTH DISTRICT

## REBUILD HEALTH

Created by COVID-19 REPAIR TEAM

**CREATE BETTER HEALTH** SHARE-ED



ABILENE PARKS AND PATHS



ABILENE TAYLOR COUNTY PUBLIC HEALTH DISTRICT



BY: DARIAN NEFF, CHW

HEY THERE! I AM VITA, I JUST MOVED TO ABILENE FOR COLLEGE!

I AM SUPER EXCITED! BUT...

I GUESS I DIDN'T THINK ABOUT FOOD.

AND WHY IS IT MOVING?!

SO, I GET TO GO GROCERY SHOPPING BY MYSELF!

# SOLO TRIP

GONNA FEED MYSELF FOR WEEKS.



MAN, I'M SO HUNGRY!

THAT LOOKS GOOD!

YUMMY!

OOO!!

WHO KNEW GROCERY SHOPPING WAS SO EASY?

AND IT ONLY TOOK TWO HOURS!

CASH OR CARD?

STRAWB \$4.50

OH! I THINK SOME STRAWBERRIES WOULD BE GOOD!

UHH...

DO YOU ACCEPT INSTALLMENT...

AND THE FOOD WAS GREAT!  
...FOR A WEEK.

AND NOW I DON'T HAVE ANY FOOD, AGAIN!

DIDN'T YOU GO GROCERY SHOPPING WITH US? JUST DO THAT.

DID FOOD ALWAYS GO BAD THIS FAST? AND COST SO MUCH?

I TRIED, BUT I NEED LIKE, A STEP-BY-STEP GUIDE!

OH, I HAVE A CALL! MAYBE CHECK OUT THIS WEBSITE? LOVE YOU!



LOOK AT THIS!  
[abirebuildhealth.org](http://abirebuildhealth.org)



SOME WEBSITE, HUH?



ABI REBUILD HEALTH? WELL, I GUESS IT LOOKS CUTE.

ABILENE TAYLOR COUNTY PUBLIC HEALTH DISTRICT

# REBUILD HEALTH

Funded by CCHB, TXPAN, TXHC

I DON'T KNOW HOW IT'S SUPPOSED TO HELP ME.

Abilene's Active Living Plan   Parks and Paths 2023   Emergency Preparedness

Childhood Vaccines

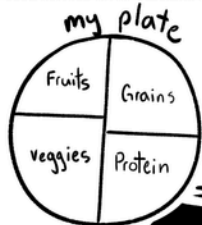
## WELCOME TO REBUILD HEALTH

LEARN ABOUT HEALTH AND WELLNESS BY CLICKING ONE OF THE

HMM, CREATE BETTER HEALTH? MEAL PLANNING AND TIPS TO STRETCH MY DOLLAR?



UM, YES PLEASE?



WELL, LETS TRY THIS AGAIN!

ALRIGHT, ON A FULL TUMMY! LET'S GO!

- Squash
- Rice
- Milk
- Chicken
- Apples

IN-SEASON FRUIT FOR AUGUST?

CHECK!

AND MOST OF THE STUFF I NEED IS ON THE PERIMETER.

SO I WILL 100% CERTAINLY AVOID THE AISLES!

OH MY!

NO... I MUST RESIST!

I HAVE SELF CONTROL!

AND I NEED CHICKEN!

PRINCESS FAIRY CRUNCH?!

IF I WANT IT... I'LL GET IT LATER!

GOT ALL THE THINGS I NEED,

I BET IT'S GOING TO BE SO CHEAP!

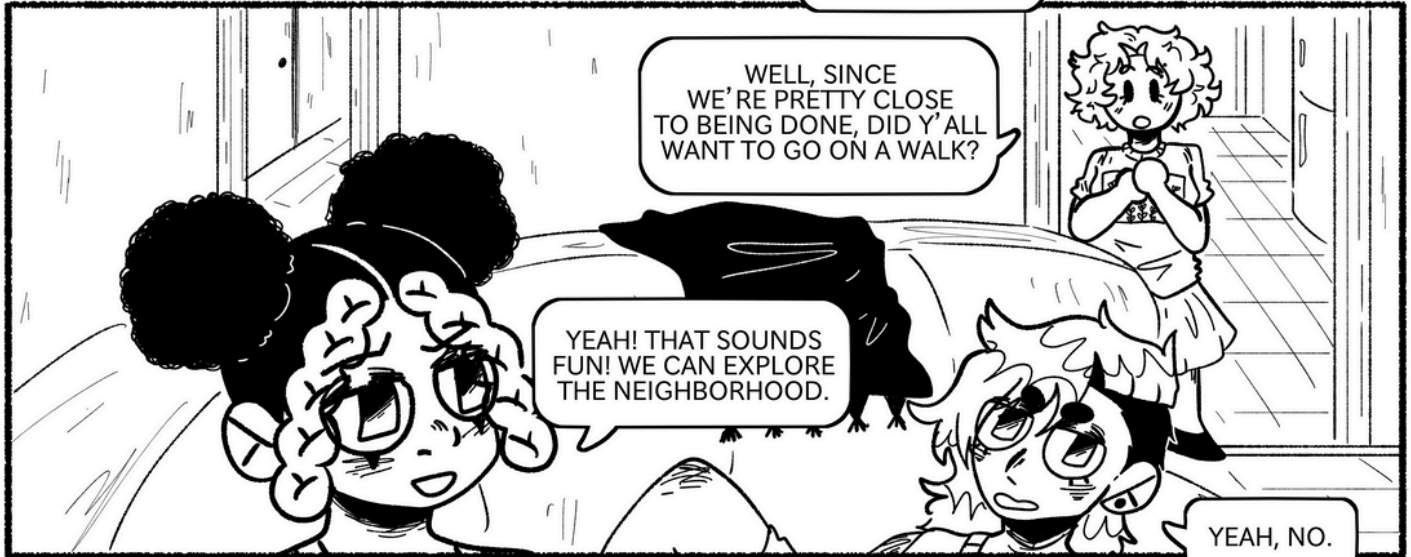
YOUR TOTAL IS \$32.52.

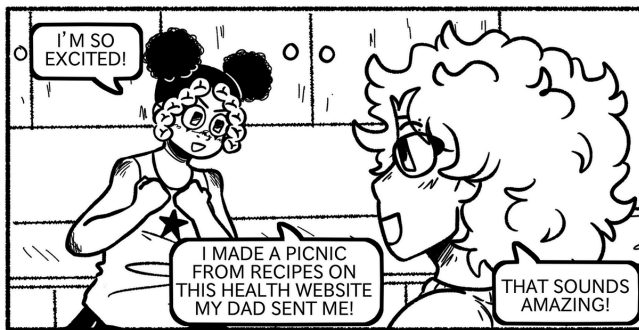
IT'S BETTER... I NEED TO COUPON.

LATER

SLIGHTLY BURNT,

BUT EDIBLE!





I'M SO EXCITED!

I MADE A PICNIC FROM RECIPES ON THIS HEALTH WEBSITE MY DAD SENT ME!

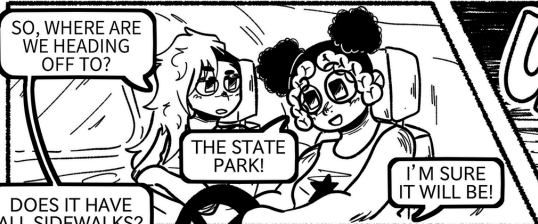
THAT SOUNDS AMAZING!



OOO! ME TOO,

NOTHING BETTER THAN NUTRITION AND NATURE.

YOU SOUND LIKE AN ADVERTISEMENT...



SO, WHERE ARE WE HEADING OFF TO?

THE STATE PARK!

I'M SURE IT WILL BE!

DOES IT HAVE ALL SIDEWALKS?



NOT MANY SIDEWALKS, BUT AT LEAST THEY HAVE A PICNIC AREA?

Y'ALL SEEM MORE SHOCKED THAN ME!



ARE YOU OKAY...

I'M SO SORRY...

IT'S ALRIGHT, THIS IS NORMAL FOR ME.

THAT'S WORSE!



YOU BETTER! I GOTTA GET MY STEPS IN.

I WILL MAKE SURE THE NEXT PARK HAS SIDEWALKS!

AH! MAYBE WE COULD WALK AROUND THE MALL?

MALL WALKING?!



SIGH...

NOT EVEN I AM THAT BRAVE.



HEY, GUYS!

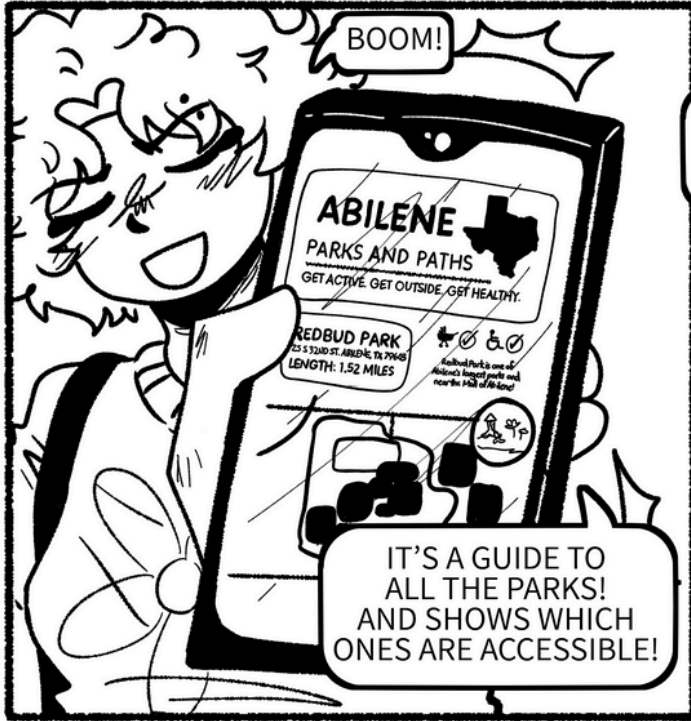
I FOUND A BUNCH OF COOL STUFF AT A RESOURCE FAIR!



OOO! WHAT'D YOU GET? FIDGET TOYS?

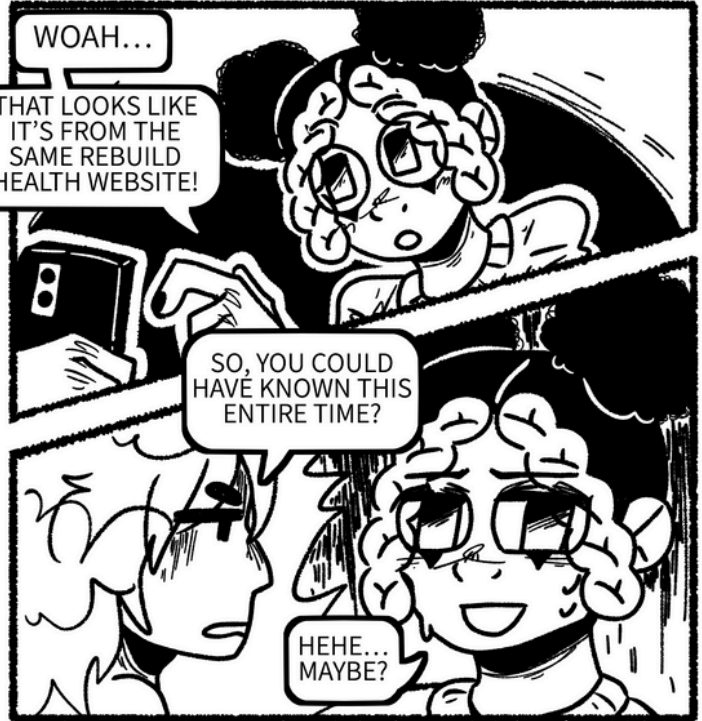
I CALL THE FIDGET TOYS!

WELL... YES. BUT IT'S EVEN BETTER THAN THAT!



BOOM!

IT'S A GUIDE TO ALL THE PARKS! AND SHOWS WHICH ONES ARE ACCESSIBLE!

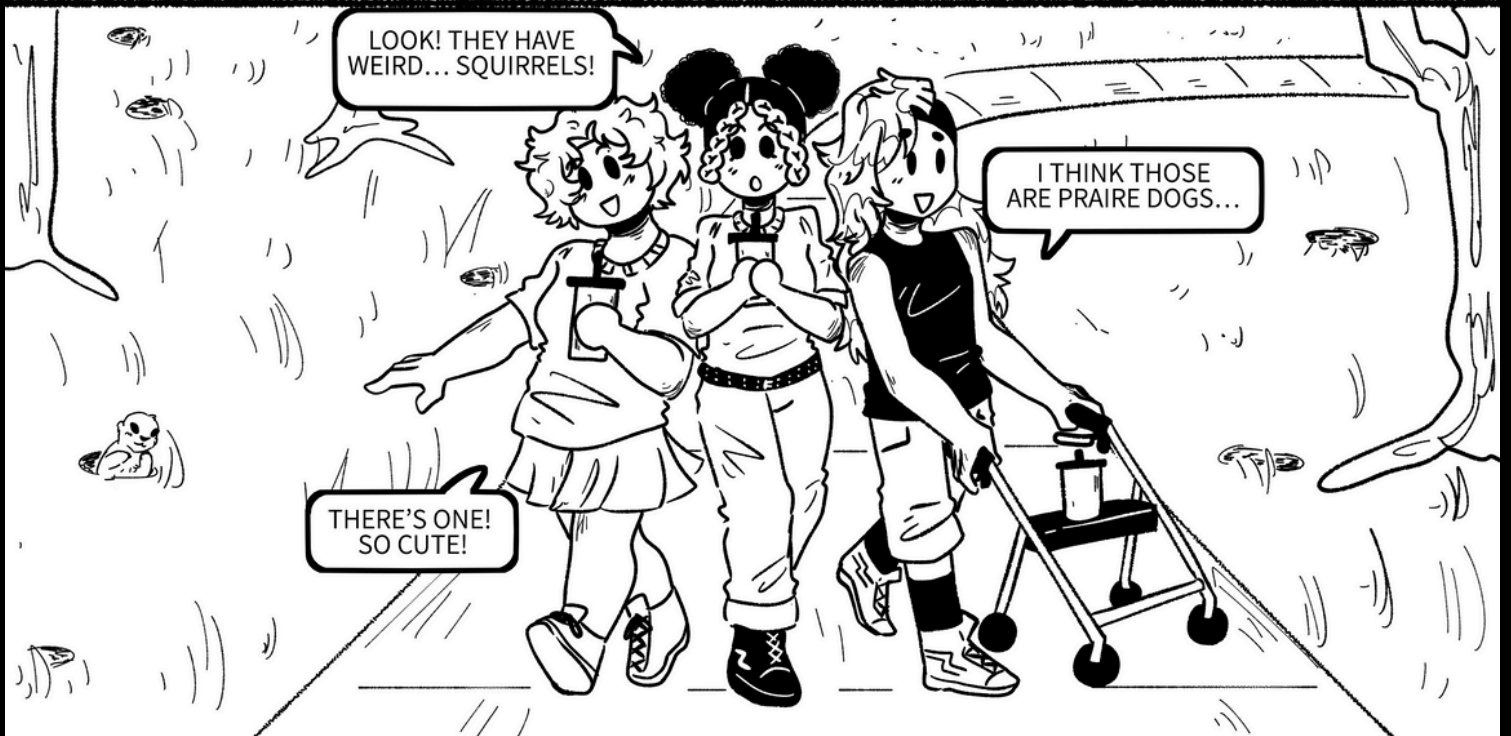


WOAH...

THAT LOOKS LIKE IT'S FROM THE SAME REBUILD HEALTH WEBSITE!

SO, YOU COULD HAVE KNOWN THIS ENTIRE TIME?

HEHE... MAYBE?



LOOK! THEY HAVE WEIRD... SQUIRRELS!

I THINK THOSE ARE PRAIRE DOGS...

THERE'S ONE! SO CUTE!