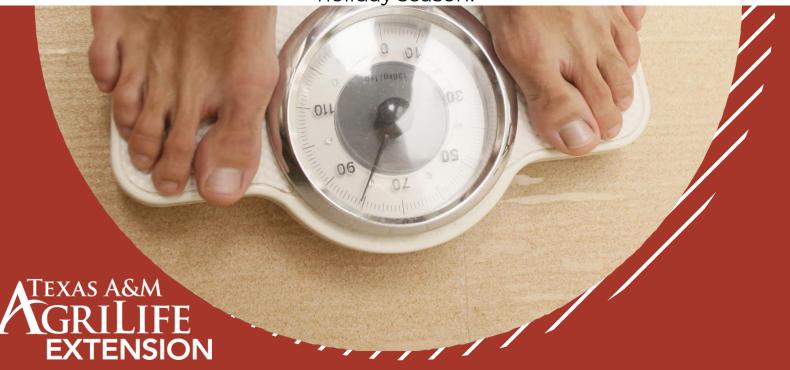
TAKE THE CHALLENGE! ENJOY THE HOLIDAYS WITHOUT GAINING WEIGHT

2023-2024 HOLIDAY HOLD'EM

NOVEMBER 20 - JANUARY 1 HOSTED BY AUSTIN/COLORADO

& FAYETTE COUNTIES

Make the Commitment to yourself & your health this holiday season!



DURING THIS FREE, SIX WEEK ONLINE CHALLENGE THE GOAL IS TO GAIN NO MORE THAN 2 POUNDS.

FOR MORE INFORMATION CONTACT:

Austin County - 979-865-2072, Colorado County - 979-732-2082 Fayette County - 979-968-5831

or sign-up at: https://fayette.agrilife.org/https-fch-tamu-edu/