

**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!



**TEXAS A&M
AGRI LIFE
EXTENSION**

**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/>