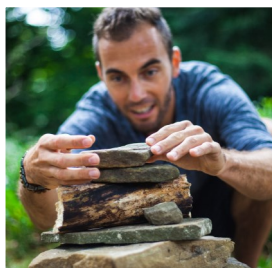
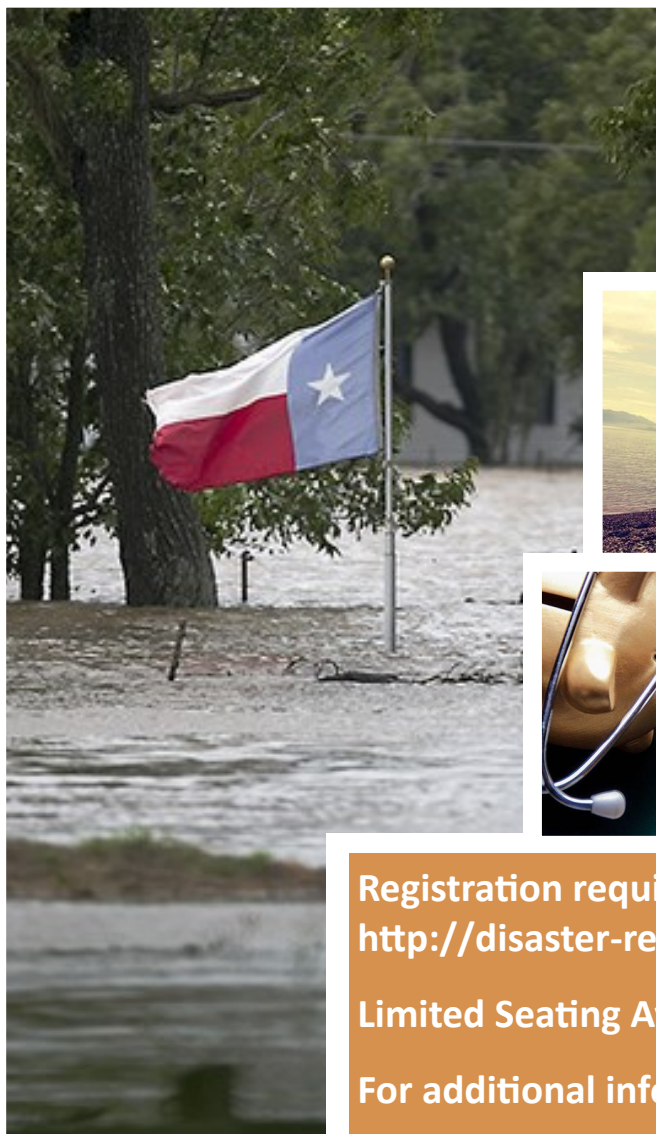


A DISASTER-RESILIENT COMMUNITY: Reclaiming Mental, Physical & Financial Health

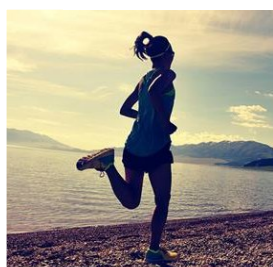
August 25, 2018 | 8:00am - 12:30pm | FREE

Texas A&M AgriLife Extension Office | 4102-B Main Street | La Marque, TX 77568



Mental

Maintain your sense of normalcy and coping following a disaster.



Physical

Rebuild your healthy eating and regular physical activity habits.



Financial

Strive to maintain financial fitness by preparing a solid plan for the unthinkable.

Registration required by August 15, 2018 at:
<http://disaster-resilient-community.eventbrite.com>

Limited Seating Available.

For additional information contact: 281-309-5059

Join us to regain and sustain the well-being of our mind, body and finances.

Exhibitors | Presentations | Resources | Continental Breakfast

TEXAS A&M
AGRILIFE
EXTENSION

TEXANS
Crisis
Counseling
Program
RECOVERING
TOGETHER

 **TEXAS COMMUNITY
WATERSHED
PARTNERS**
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