



WALK  
ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

# WALK ACROSS

TEXAS A&M AGRILIFE EXTENSION

# TEXAS!

## ADULT PROGRAM

**LEAGUE CODE**

watL-231101-55496

**LOCATION**

Mayfield Baseball Park  
across from Creative Care  
next to the Santa Fe Trail

**TO LEARN MORE**

Lori Garcia, CEA-FCH

979-532-3310

[lori.garcia@ag.tamu.edu](mailto:lori.garcia@ag.tamu.edu)

**Kickoff Event**

SIGN UP NOW AT

**NOVEMBER 18, 2023 @ 10:00A**



# LEAGUE CODE

w a t L - 2 3 1 1 0 1 - 5 5 4 9 6

Walk Across Texas! Adult is an online, 8-week program designed to help Texans be more active using a team-based approach.

Up to 8 Team Members are encouraged to work together towards the goal of virtually traveling across Texas. Your favorite physical activities are logged as "miles walked" and contribute to your team's mileage goal.

## “BEAT THE LIBRARIANS” CONTEST

Any team that walks more miles than the Wharton County Librarians will win a PRIZE!!

## HOW TO JOIN

- 1 - Create or log into your Howdy Health account
- 2 - Click the WAT! Dashboard button under the WAT! Adult section
- 3 - Click the "Create a Team" button
- 4 - Complete the Create a Team form with league code
- 5 - Recruit your team members and start logging miles

**Matagorda/Wharton County**  
COMMUNITY COALITION



## REGISTER AT

[HowdyHealth.tamu.edu](http://HowdyHealth.tamu.edu)

## LEARN MORE AT

[WalkAcrossTexas.tamu.edu](http://WalkAcrossTexas.tamu.edu)



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# TEXAS! ADULT

## + Location

Mayfield Baseball Park across  
from Creative Care near the  
Santa Fe Walking Trail

## Join Us

Join us for a fun physical  
activity program

## To Learn More

Lori Garcia, CEA-FCH  
979-532-3310  
[lori.garcia@ag.tamu.edu](mailto:lori.garcia@ag.tamu.edu)

## Program Dates

KICKOFF EVENT: APRIL 22 @ 9:00A

MIDWAY EVENT: MAY 27 @ 9:00A

CELEBRATION EVENT: JULY 1 @ 9:00A

LEAGUE CODE

**watL-230217-32734**



# LEAGUE CODE

w a t L - 2 3 0 2 1 7 - 3 2 7 3 4

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LEARN MORE AT:  
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FUNDED BY HHSC SUPPLEMENTAL GRANT

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