Local Texercise Event

Local Texercise Event Subtitle

Local Texercise Event Second Subtitle

Location

Day XX, Month XX, 20XX

Time or Duration of Weeks

For more information, contact

Contact name

Contact phone

Contact email

TEXERCISE

Texercise is a statewide health promotion initiative operated by Texas Health and Human Services Commission to educate on and engage Texans 45 and older in healthy lifestyle behaviors (physical activity and nutrition). Texercise Classic and Select programs promote healthy aging through group learning and engagement.

Texercise can help you:

- Promote a healthy lifestyle
- Minimize the impact of disease
- Reduce the cost of medical care

TEXAS Health and Human Services | *Texercise*

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