

IT'S TIME TEXAS VIRTUAL FITNESS CLASSES

One Goal: Health For All



FREE Virtual Classes
Six Days a Week

» Zumba » Cardio & Strength
» Kickboxing » MixxedFit

Platform: Zoom

*Classes available in Spanish and English

IT'S
TIME
TEXAS

TEXAS IS
BEST WHEN
TEXANS ARE
HEALTHY

SNAP

Supplemental
Nutrition
Assistance
Program

H-E-B

Helping Here.

BlueCross
BlueShield
of Texas

BlueCross BlueShield
of Texas
A Division of Health Care Service Corporation, a Mutual@Life@ReSource Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

StDavid's
FOUNDATION

AUSTIN
PARKS
RECREATION

Learn more!

www.strongeraustin.org

IT'S TIME TEXAS FREE Tele-Health Coaching Program

Personalized support, whenever you need it.
Our coaches are just a phone call away.

Here's how we can help:

- » Personalized tools, resources, and recommendations for your health journey.
- » Specialized expertise in preventing and managing chronic diseases.
- » Setting goals, staying motivated, and tracking progress.
- » Assistance with weight management, tobacco cessation, behavior change, and overall health.
- » Focus on nutrition, weight loss, physical activity, and mental and emotional barriers to help you make progress.

Form lasting habits. CALL TODAY: (844) 262-6224

Learn more!
livinghealthier.itstimetexas.org

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