



**TEXERCISE SELECT CLASS SERIES**  
**JOIN US TWICE A WEEK**  
**MONDAY & WEDNESDAY**  
**2 OCTOBER – 13 DECEMBER 2023**  
**10:00 A.M - 11:30 A.M.**

**Exercise and Nutrition**

Texercise Select is a statewide 10-week fitness program developed by the Texas Health and Human Services Commission (HHSC) to educate and involve Texans and their families in physical activities and proper nutrition. The Texercise program promotes activities among individuals, as well as community events that support fitness in all areas of life. For individuals 60 years of age and older.

Texercise Select can help you:

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



We will be exercising together to help keep us independent and strong as we age.

We will also discuss the benefits of physical activity and healthy eating. No special equipment or clothing needed  
**FREE** evidence-based program  
Just come as you are!

**Patrick Health Public Library**  
**451 N. Main St,**  
**Boerne**  
**To reserve a spot call**  
**(830)249-3053**

