

Take the first steps toward a **HEALTHY YOU**



Sí Texas: Social Innovation For a Healthy South Texas

Come join and learn how to establish a healthy routine and balance your diet and health. Program Goal – To maintain or improve the health of individuals at high risk of type 2 diabetes by preventing or delaying the onset of the disease and associated complications through Education, Screening, and Support Staff.

Location – Alton-Alton Recreation Center

349 Dawes Ave, Alton TX 78573

Weekly Schedule

Tuesday 8:00 AM – Walking Group and Yoga Chair

Wednesday 8:00 AM – Walking Group and Fitness Activities

Thursday 8:00 AM – Walking Group and Cooking Class



Location – Alamo Community Resource Center

1429 S Tower Rd, Alamo TX 78516

Weekly Schedule

Monday 8:30 AM – Fitness Activities and Yoga Chair

Wednesday 8:30 AM – Fitness Activities and Cooking Class

Friday 8:30 AM – Fitness Activities and Yoga Chair



Location – Progreso Community Center, 510 N FM 1015

Progreso TX, 78579

Weekly Schedule

Tuesday 8:30 AM – Walking Group and Yoga Chair

Thursday 8:30 AM – Walking Group and Fitness Activities



Location – Rio Grande City – Methodist Community Center

312 E 4th St, Rio Grande City, TX 78582

Weekly Schedule

Tuesday 8:00 AM - Walking Group and Laughter Yoga

Wednesday 8:00 AM - Walking Group and Cooking Class

Thursday 8:00 AM - Walking Group and Fitness Activities



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Sí Texas: Social Innovation For a Healthy South Texas

Venga a unirse y aprender a establecer una rutina saludable y equilibrar su dieta y salud. Objetivo del Programa: Mantener o mejorar la salud de las personas con alto riesgo de diabetes tipo 2, previniendo o retrasando la aparición de la enfermedad y las complicaciones asociadas a través del personal de Educación, Detección y Apoyo.

Ubicación – Alton-Alton Recreation Center
349 Dawes Ave, Alton, TX 78573

Programacion Semanal

Martes 8:00 AM – Caminata en grupo y Yoga en la Silla
Miercoles 8:00 AM – Caminata en grupo y Actividad Fisica
Jueves 8:00 AM – Caminata en grupo y Clase de Cocina



Ubicación – Alamo Community Resource Center
1429 S Tower Rd, Alamo, TX 78516

Programacion Semanal

Lunes 8:30 AM – Actividad Fisica y Yoga en la Silla
Miercoles 8:30 AM – Actividad Fisica y Clase de Cocina
Viernes 8:30 AM – Actividad Fisica y Yoga en la Silla



Ubicación – Progreso Community Resource Center
510 N FM 1015 Progreso, TX 78579

Programacion Semanal

Martes 8:30 AM – Actividad Fisica y Yoga de la silla
Jueves 8:30 AM – Caminatas y Actividad Fisica



Ubicación – Rio Grande City – Methodist Community Center
312 E 4th St, Rio Grande City, TX 78582

Programacion Semanal

Martes 8:00 AM – Caminata en grupo y Risa/Silla Yoga
Miercoles 8:00 AM – Caminata en grupo y Clase de Cocina
Jueves 8:00 AM – Caminata en grupo y Actividad Fisica

