

TEXAS A&M
GRILIFE
EXTENSION



4 Week Program designed to help you adopt a more healthy
Lifestyle

DO WELL BEWELL







Tyler Senior Center

Tuesday, January 9, 2024

Tuesday, January 16, 2024

Tuesday, January 25, 204

Tuesday, January 30, 2024

Senior Memberships Availlable Free of charge

Erica Davis, Better Living for Texans Agent

For more information 903.590.2980



1915 Garden Valley Rd, Tyler, TX 75702



12:30-1:30 EVERY TUESDAY IN JANUARY