

Want to be healthy? Take the Road to Health!

The “Road to Health” is a free 3-class program. These classes will prepare and empower participants to:

- Achieve and maintain a healthy weight
- Use healthy nutrition practices
- Become more physically active in your every -day life, with your family, and friends!

Participants receive incentives for each class, such as:

- Healthy nutrition kitchen aids like vegetable steamers, measuring tools, or chopping mats
- Exercise tools like water bottles, pedometers, or resistance bands
- Free weight, blood pressure, and waist circumference measures taken in first and third class.

Classes are scheduled at community locations upon demand.

To schedule Road to Health classes in English at your facility, contact Sabrina McCarty at 972-5463 or by email at sabrina.mccarty@austintexas.gov or for classes in Spanish, contact Stephanie Helfman at 972-6764 or by email at Stephanie.helfman@austintexas.gov

Classes are sponsored through the Austin/Travis County Health & Human Services Department’s Chronic Disease Prevention & Control Program.

