

BienStar Adult Healthy Lifestyle Program

NEW
NEW
NEW
NEW

The UTRGV STEPS project is now collaborating with the DHR Institute for Research & Development to offer a **FREE** adult health program to help families learn to live a healthier lifestyle.



THE SOCIAL
& HEALTH
RESEARCH CENTER

The program name is The BienStar Adult Healthy Lifestyle Program (BAHLP)



Adult Health Program

When looking for health programs to address obesity, trust in the Social...

sahrc.org

<https://sahrc.org/adult-programs/>



ABOUT

FREE health program opportunity that encourages physical activity and healthy eating

Who can Join?

- Adults 18 years and older.

What will I learn?

- Ways to make my eating habits healthier.
- Ways to increase my physical activity.

For more information Contact
Angela Varela
(956) 362-2367
a.varela@dhr-rgv.com

This issue Created by the STEPS staff for STEPS/SNAP -Ed project.

Project Sponsored By:



TEXAS
Health and Human Services

This institution is an equal
opportunity provider.



Images by
Social Health and Research Center



UTRioGrande Valley

For more information:

UTRGV STEPS Office
(956) 665-2127
Southwick Hall Rm 1.120
1201 W University Dr.
Edinburg, TX 78539

