



UP BEAT

Umbrella Partnerships-BE Active in Our Town

Make a difference in your community!

Make recommendations to B/ CS City Councils!

Free shirts, Gift Cards, and more for participants!

Who: Teams consisting of 6, 7, 8 and 9th Graders from the B/CS area

What: *Youth Health Leadership Program*

Learn leadership, public speaking and technology.

Work in teams to perform community and environmental assessments.

Help improve physical activity in the community.

Make recommendations to B/CS City Councils for community improvement.



When: Starting Oct 15th
Thursdays 6-8pm
Oct—April
Selected Saturday Events

Where: Various locations in B/CS
(transportation available)

UP BEAT is a coalition of community groups working together to find ways to prevent obesity and encourage physical activity in the B/CS community.

For More information contact:

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Website: <http://bvopn.org/up-beat/>

In partnership with:



Brazos Valley Community Action Agency, Inc. , Brazos Valley Obesity Prevention Network, Brazos County Health Department , Texas A&M School of Rural Public Health and the Texas Health Institute

