



FOR IMMEDIATE RELEASE

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Community Partners Host a Health & Wellness Event That Focuses on Nature and the Outdoors

CONROE, TEXAS – Calling all nature lovers! Join Lone Star Family Health Center, Texas A&M AgriLife Extension Service Family & Community Health, Texas A&M Forest Service and Recovery Untamed for Rooted in Health, Nurtured by Nature Health & Wellness Event.

The event takes place Saturday, November 4, 2023, at W.G. Jones State Forest from 9 am to 2 pm. The event is free. Participants can enjoy nature and outdoor activities, take a walk on the forest trail, have fun activities for kids and meet professionals in the health and natural resource fields. Learn how time in nature can benefit your physical and mental health and well-being.

“We are excited to bring this unique event to the community,” said Caroline Cruz, county extension agent for Texas A&M AgriLife. “We hope participants learn about the positive effects that time in nature and the outdoors has on our physical, mental and emotional health and wellbeing.”

Additional participants in the education station area to date include Friends of Texas Wildlife, Lone Star Groundwater Conservation District, Children's Environmental Literacy Foundation, MET Partnership for Thriving Families, Montgomery County 4-H Program, Recreational Equipment, Inc (REI) and Montgomery County Public Health District.

For more information on the event, visit www.facebook.com/MontCoFCH or call Caroline Cruz with Texas A&M AgriLife Extension at 936-539-7825.

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Founded in 2002, Lone Star Family Health Center is a full-service, state-of-the-art Federally Qualified Health Center and nonprofit 501(c)3. The health center's mission is to provide compassionate, affordable healthcare and prepare tomorrow's family medicine professionals. Primary care services are offered across five clinic locations in Conroe, Willis, Spring, Grangerland and Huntsville.