

Memorandum

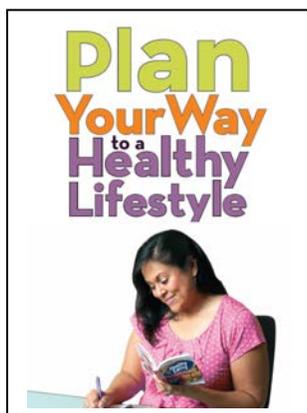
#14-135

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: November 25, 2014

SUBJECT: New Nutrition Education Material – *Plan Your Way to a Healthy Lifestyle*



NEW! *Plan Your Way to a Healthy Lifestyle* is available now in English (Stock # 13-06-14454) and Spanish (Stock # 13-06-14454A). This brochure provides information on how to plan life activities in order to lead, and maintain, a healthy lifestyle. Participants will learn practical tips and tricks that will help them save time, money, stress, and calories!

Plan Your Way to a Healthy Lifestyle will be available to download electronically in English and Spanish, from the WIC catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>. In addition, printed copies in English and Spanish will be available to order from the WIC catalog.

Plan Your Way to a Healthy Lifestyle will replace *Five Steps to a Healthy Weight* (stock # 13-06-12183).

If you have any questions or require additional information, please contact Kelley Reed, Nutrition Education Consultant at (512) 341-4580 or Kelley.reed@dshs.state.tx.us or Mandy Seay, Nutrition Education Consultant at (512) 341-4516 or mandy.seay@dshs.state.tx.us.