



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

HEALTH & WELLNESS EDUCATOR  
ASHLEY HERNANDEZ PRESENTS

# HEALTH TALK EXPRESS

Health Talk Express are 30 minute or less health presentations using a persuasive public speaking approach that empowers the audience to take action.

## TOPICS INCLUDE:

- KNOW MORE ABOUT CANCER, GET SCREENED
- CHOLESTEROL MATTERS: BE HEART HEALTHY
- PRESSURE DOWN: CONTROLLING YOUR BLOOD PRESSURE
- BE F.A.S.T TO PREVENT STROKE
- STRESS LESS, LIVE BEST
- WORK LIFE BALLANCE

These Health Talk Express presentations can be offered via Microsoft Teams or Zoom.

Please contact Health & Wellness Educator Ashley Hernandez by phone at (210)631-0400 or by email at [ashley.hernandez@ag.tamu.edu](mailto:ashley.hernandez@ag.tamu.edu).

(Minimum of 10 - 15 participants per class required.)

**HealthTalk** **EXPRESS**