



**TEXAS IS
BEST WHEN
TEXANS ARE
HEALTHY**

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FOR IMMEDIATE RELEASE –

STATEWIDE CELEBRATION: JOIN US FOR HEALTHY TEXAN WEEK IN THE RIO GRANDE VALLEY!

PHARR, TX – June 3, 2024 – It's Time Texas is thrilled to announce our statewide celebration of Healthy Texan Week with exciting events in three key Texas communities, one being the RIO GRANDE VALLEY! Sponsored by DHR Health, join us on Thursday, June 13th at the EMS Headquarters in Pharr for an evening dedicated to prioritizing health, wellness, and community connection through our onsite Stronger Texas Zumba Class and a health fair with a variety of fun family-friendly activities highlighting health.

Event Details:

- **Date:** Thursday, June 13th
- **Time:** 6:00 PM - 7:30 PM
- **Location:** EMS Headquarters, 3000 N. Cage Blvd, Pharr, TX 78577

The event will feature a lively Zumba class led by instructor Carmen Degollado from 6:00 PM to 6:45 PM. This will coincide with a health fair that will continue until 6:45 PM to 7:30 PM, with various local health organizations providing valuable resources and information.

“We are proud to bring Healthy Texan Week to the Rio Grande Valley. This event is a great way to encourage our community to embrace healthy habits and enjoy a fun, engaging evening together,” said Thania Ugalde, South Texas Regional Director of It's Time Texas.

We are excited to have several partners join us, including DHR Health, Office of Border Public Health, Healthy South Texas/Texas A&M Health, MHP Salud, City of Pharr Parks & Recreation, and Hope Family Health Center. This will be a comprehensive health fair with a variety of opportunities to learn about great local resources!

This week of celebration has been organized by the Health and Human Services Commission (HHSC), which has encouraged organizations across the state, like It's Time Texas, to plan events in celebration.

Participants can register online or at the event. For more information, visit our website at www.itstimetexas.org.

[Itstimetexas.org](http://itstimetexas.org) | For media inquiries email – marketing@itstimetexas.org



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About It's Time Texas:

[It's Time Texas](https://itstimetexas.org), a statewide nonprofit dedicated to promoting healthier lives and more vibrant communities for ALL Texans. This is accomplished through innovative programs and community-centered initiatives encouraging physical activity, healthy eating, and overall well-being. Learn more at itstimetexas.org.