



FOR IMMEDIATE RELEASE –

## HEALTHIER TEXAS PARTNERS WITH INNOVIA LIFE TO ENHANCE COMMUNITY SUPPORT SERVICES

**Austin, TX** – February 4, 2025 Healthier Texas, a statewide nonprofit dedicated to reducing preventable diseases and **improving health outcomes for Texans**, has partnered with **Innovia Life** to expand ongoing support services for Texans. The partnership will enhance resources aimed at **lowering stress and improving overall health** through dynamic, virtual group sessions designed to address the evolving needs of individuals and families.

To officially kick off this partnership, **Healthier Texas will host a free webinar on February 13th at noon (CST), led by Innovia Life facilitators.** This webinar will introduce the new offerings and explain how communities can benefit from these services.

**“Healthier Texas was built on Social Movement Theory and the idea that when we create healthy communities, we create healthy families and individuals,”** said **Jamie Williams**, CEO of Healthier Texas. **“Data shows us that community connection is a significant contributor to health outcomes.** We know that many folks we talk to have challenges that are not being addressed by traditional health and behavioral healthcare, and we are so excited to partner with Innovia Life to give Healthier Texas clients opportunities to gain additional professional and social support through Innovia Life's innovative programming.”

**Innovia Life** is a subclinical support platform that helps individuals navigate life's challenges through guided, virtual sessions. Led by live facilitators, these sessions span three core areas: **health and wellness, mental health and recovery, and work and personal relationships.** Offered in both **English and Spanish**, the sessions foster **connection, resilience, and stress management** in ways that are accessible and adaptable.

**“We are excited to partner with Healthier Texas to complement traditional healthcare and behavioral services,”** said **Lucas Catton**, Founder & CEO of Innovia Life. **“By providing affordable, accessible support for a broad range of needs, we help organizations save money while improving long-term health outcomes for their communities.”**

The partnership reflects Healthier Texas' commitment to addressing **non-medical drivers of health** and **providing support to help individuals thrive.**

For more information about each organization and the upcoming webinar, visit [HealthierTexas.org](https://HealthierTexas.org) and [InnoviaBH.com](https://InnoviaBH.com).



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### **About Healthier Texas**

Healthier Texas is a statewide nonprofit committed to reducing preventable diseases and improving the health and well-being of Texans. The organization fosters healthier communities through **innovative programs, strategic partnerships, and advocacy** aimed at overcoming the challenges that impact health and well-being.

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