

UPCOMINGS!

... CPR Training

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Gray from CPR Sav-A-Life Skills Training Center will be teaching the class.

It is strongly recommended for EVERYONE to know CPR/First Aid in rural areas like ours. If one of your family members, best friend or a neighbor needed CPR or First Aid, would you know what to do?

Please call the Coke County Extension Office at (325) 453-2461 to RSVP by May 1, 2017.

County Attorney to host presentation

Nicholas E. Arrott II, Coke County Attorney has scheduled a presentation and reception for Wednesday, April 26, from 9 am to 10 am.

Coke County businesses are encouraged to send a representative to the Coke County Courtroom for "Coffee with the County Attorney," where coffee and donuts will be served and Arrott can give a short presentation regarding all the various issues currently surrounding theft by check cases.

Bronte Citywide Garage Sale set for May 6

It's time again for the Annual Citywide Garage Sale. Mark your calendars for Saturday, May 6 at 8 am.

If you would like to participate, please call City Hall at (325) 473-3501 by Friday, May 5. Your garage sale location will be listed on a map that will be distributed at the First National Bank parking lot. This is a great opportunity to recycle, reuse and reduce unwanted items in your closet.

Health Program registration continues

Step Up & Scale Down is a 12-week educational program based on the USDA 2010 Dietary Guidelines, which are intended to help Americans choose a healthful eating plan to achieve and maintain a healthy weight. The majority of the program will take place through online facilitation with 3 of the 12 sessions being face-to-face. There is a small fee for the program but that fee includes all materials, incentives, and recipes. All face to face sessions will be held at the Robert Lee Rec Hall.

Registration is online and began March 13, 2017.

The first face-to-face session will take place April 6. Here, you will have the chance to sign up to be on a Walk Across Texas team (if you haven't already committed to a team), weigh-in (in a private setting), sit in on the first session of the program where we will talk about setting goals, and have the chance to explore different "health booths." Doors open at 5 pm with the program starting at 6 pm. Online facilitation will start week 2 on the program.

Face-to-face session 2 will be held May 11. This will be session 6 of the program where we will discuss the importance

of hydration. Healthy recipe demos and tastings will also be available at this session. Doors open at 5:45 pm with the program beginning at 6 pm.

The last face-to-face session will be held June 22. At this session, we will go through week 12 of the program which will talk about celebrating our achievements. Doors open at 5:45 pm with the program starting at 6 pm.

For more information, call Kandice Everitt at (325) 453-2461.

Walk Across Texas to kick off next month in Robert Lee

Walk Across Texas! is a 12 week program for teams of 8. Teams have a friendly competition to see who can log the most miles walking, jogging, or biking. You can even log miles by dancing, doing aerobics, or riding a stationary bike!

Everyone's miles are recorded on the Texas map posted in a public place so everyone can see your progress. The team that walks the farthest "across Texas" will win, but everyone who participates will take home a healthy habit-walking for fitness! Start forming teams today!!

Join Us at our Walk Across Texas! Kick-Off event Thursday, April 6. Here, you will sign your team up or have the chance to join a team, sit in on a 30 minute talk about goal setting, and have the chance to explore different "health booths." Doors open at 5 pm with the program starting at 6 pm.

On May 11, we will meet for a mid-program update where teams will check-in and update everyone on their progress. There will also be a 30 minute presentation on the importance of staying hydrated during physical activity. Multiple healthy recipes will be demonstrated and be available for tasting. Doors open at 5:45 pm with the program starting

at 6 pm.

The program will end June 22. At this meeting, we will "celebrate" the accomplishments we made and tally up the final count of miles that were walked! Doors open at 5:45 pm with the program starting at 6 pm

The program is free of charge and incentive items will be distributed throughout the program!

Kick-Off event, mid-program update, and Celebration Ceremony will be held at the Robert Lee Rec Hall.

For questions or more information, please contact Kandice Everitt at 325-453-2461 or by email at kandice.everitt@ag.tamu.edu.

Restoring Bronte Foundation to participate in program

The San Angelo Area Foundation has approved the Restoring Bronte Foundation for participation in San Angelo Gives 2017. This awesome giving campaign allows people to give small or large amounts to

Restoring Bronte Foundation.

San Angelo Gives is a powerful 24-hour online fundraising event hosted by the San Angelo Area Foundation that will unite communities around causes that matter. San Angelo Gives is a great way to give community members the chance to find and support nonprofit organizations whose mission aligns with their passions. All donations made on May 2nd through www.sanangelogives.org are eligible for amplification funds increasing each donation and can also help nonprofits win "Prize Money" that will be awarded throughout the day.

At midnight on May 2, 2017, SanAngeloGives.org will begin accepting donations to raise unrestricted dollars for area nonprofits. It is a day of giving to celebrate the nonprofits in our area, a chance to raise thousands of dollars, and recognize the impact that can be made in our area when people join together for San Angelo Gives.

EverythingCokeCounty.com



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"The times ... they are a changin'." This statement carries more weight today than it ever has. Rapid advancements in technology are changing the way people receive information. This mean people (especially parents of school age children) must check multiple websites, Facebook pages, and other items to find schedules and information on the numerous activities occurring each week.

Everything Coke County is the only web site and mobile site needed to keep up with all of the activities in Coke County. Information is only a touch away on all government entities – minutes, directors, meeting times; schools – scores, schedules, awards and menus; events – pictures, dates, and details; churches, organizations and business directories for both Bronte and Robert Lee. Every business is listed in these directories. A special feature of EverythingCokeCounty.com is the "Week at a Glance" located on the home page. This lists every activity happening each day of the current week and the next - county wide! Social networking online (like Facebook) can be a great source for information. However, algorithms are used to determine what posts will be seen in the newsfeed of users and many posts do not reach the desired audience. There is no guarantee a post will be seen on these sites. With EverythingCokeCounty.com, every page is available 24/7 to everyone!

EverythingCokeCounty.com is User Friendly! There is a full desk top version for your computer or laptop, but the mobile site works just like an app and is even easier to add to your phone!

You can put it right on the Home Screen of your iPhone or Android and never forget an event or activity in Coke County again!

Step 1

Use your browser (Safari, etc.) and go to EverythingCokeCounty.com.

Step 2

For iPhones - Touch the symbol in the middle at the bottom of the screen.

For Androids - Touch the symbol in the upper right-hand corner of your screen.

Step 3

Choose the "Add to Home Screen" option.

Step 4

When it asks what to call it, type in "Everything Coke County".

Step 5

Touch the Add button! It's just that simple and easy!



You're done and will have all the information you need with one touch of your finger!

For more information, contact Melinda McCutchen at (325) 473-8863 or Morgan Brigham at (325) 277-9210 or everythingcokecounty@gmail.com.

EverythingCokeCounty.com is a division of Everything Our Town.