

# TEXAS WELL AND HEALTHY

*A statewide, grassroots campaign to improve the health and wellbeing of Texans*

**Texans should be able to see a doctor when they need to.** When that happens, we are healthier as a people, children miss less school, employees report to work, and all of us are better off for having good, preventive care. That's why Texas Well and Healthy is building a movement: Our community education and grassroots organizing aim to make health care better for Texans.

**Texas ranks last in the U.S. in health coverage. It's a trend we're here to end.**

Join with us to get your questions answered, your friends and family motivated, and your community's health care options changed for the better. Your voice has never mattered more.

## 5 Ways to Join the Movement

Health advocates, faith groups, nonprofits, and ordinary Texans can build power and improve access to health care, starting right now.

**1. Bring us to you for a free 1-hour workshop.**

Give us an hour, and we'll give your group an engaging, fun training on what folks need to know about the Affordable Care Act, Medicaid, and CHIP—and effecting change in Texas.

**2. Join Texas Well and Healthy online.**

Sign up for our emails, Facebook group, or Twitter feed via [www.kidswelltexas.org](http://www.kidswelltexas.org).

**3. Invite us to meet your local media.**

Introduce us to your favorite local radio or TV show to raise the profile of health care issues.

**4. Ask about our Train the Trainer program.**

Get equipped to lead health care trainings in your area.

**5. Spread the word.**

Use resources from our monthly e-updates to write letters to the editor, contact lawmakers, mobilize friends online, and make some noise for better health care in Texas.

**A FREE 1-hour training from Texas Well and Healthy = Your group up to speed on changes to health care and the movement for a healthier future.**

*To bring our team to you, contact:*  
Mimi Garcia, Organizing Director,  
[mimi@texaswellandhealthy.org](mailto:mimi@texaswellandhealthy.org) OR  
Cheasty Anderson,  
Community Education Coordinator,  
[cheasty@texaswellandhealthy.org](mailto:cheasty@texaswellandhealthy.org).

**Get started now!** Contact Mimi Garcia, Organizing Director, [mimi@texaswellandhealthy.org](mailto:mimi@texaswellandhealthy.org), or Cheasty Anderson, Community Education Coordinator, [cheasty@texaswellandhealthy.org](mailto:cheasty@texaswellandhealthy.org)

*The Texas Well and Healthy Campaign is a statewide grassroots initiative of the Cover Texas Now coalition, KidsWell Texas, and the Texas Finish Line project's combined efforts to improve health care for Texans. Leading organizations include Engage Texas, Texans Care for Children, the Center for Public Policy Priorities, and Children's Defense Fund – Texas, with funding from both Atlantic Philanthropies and the Packard Foundation.*