



141 W. Renfro  
Burleson, TX 76028-4261  
817-426-9622  
[www.burlesontx.com](http://www.burlesontx.com)

January 22, 2019

## **Be Healthy Burleson launches program to help new parents**

*Burleson Babies was created to welcome the city's newest residents and provide resources to parents*

The Burleson Babies program was started to give the city's newest residents and their families a healthy start.

"Burleson is about community, in every sense of the word and this program is another product of that statement," stated Be Healthy Burleson Board of Directors Chair, Jessica Mack. "The Burleson Babies program will provide awesome resources for new families. In addition, it will create another avenue for families to get connected within the community. I'm grateful to everyone who made this program possible and I'm very excited to see the impact it will have."

The program provides a pamphlet that highlights all of the amazing things that the Burleson community has to offer as well as important resources for families. The Be Healthy Burleson board put together welcome gift bags for the Burleson families that deliver at Texas Health Huguley Fort Worth South hospital.

The welcome gift bags also include, a Burleson onesie, Cook Children's giveaways (oral health kit, child abuse prevention cards, water safety prevention children's book, ages & stages cards, mental health timer, nutrition and safety education), Sigma Swimming rubber duck toy, Chick-Fil-A mini plush cow and two free catering trays, Burleson Independent School District welcome card, free biscuit from Dwell, free HEB curbside pickup, free sessions at Orange Theory Fitness, free newborn chiropractic consultation at Bliss Family Chiropractic, a coupon for postpartum fitness classes at the BRiCK, and a free yoga class at C3 Cryo Club.

"I am so thankful for all of our amazing community partners that made these gift bags so special as well as Texas Health Resources for partnering with us to make this project possible," said Lisa Poteete, City of Burleson Community Initiatives and Special Projects Manager. "I appreciate all of the postpartum nurses who will be delivering these bags throughout the year to their Burleson patients. I look forward to working with the Be Healthy Burleson board of directors to execute this project for years to come."

If you live in Burleson but delivered at a different hospital or if you welcomed a new baby to your family via adoption or home birth you can visit Be Healthy Burleson's website, [www.behealthyburleson.com](http://www.behealthyburleson.com) to complete a form and a gift bag will be mailed to you. You must have Burleson address, the gifts will be distributed on a first-come, first-served basis.

The Be Healthy Burleson Initiative was started to lay a foundation for health and wellness throughout the community. Starting inside the city scope with parks, hike/bike trails, events, and moving outward with large-scale partnerships including a variety of health and wellness related opportunities for the community, the Be Healthy Burleson campaign continues its mission for a more educated, active, healthy, and fun city.

DeAnna Phillips  
Marketing & Communications Director  
[dphillips@burlesontx.com](mailto:dphillips@burlesontx.com)  
(817) 426-9622