

**ORDINANCE NO. 2026-O-XXX**

**PUBLIC HEARING AND INTRODUCTORY ORDINANCE AUTHORIZING THE CITY MANAGER TO ACCEPT AND ENTER INTO A CONTRACT FROM THE ARDMORE INSTITUTE OF HEALTH FOR THE LIFESTYLE MEDICINE CONSORTIUM PROGRAM GRANT, AMENDING THE FY2025-2026 BUDGET BY APPROPRIATING REVENUES AND EXPENDITURES IN THE AMOUNT OF \$100,000.00, WITH NO MATCH FOR THE CITY OF LAREDO PUBLIC HEALTH DEPARTMENT, FOR THE TERM JUNE 01, 2026 THROUGH MAY 31, 2027. FUNDS WILL BE ACCOUNTED FOR IN THE LAREDO PUBLIC HEALTH DEPARTMENT FUND - LIFESTYLE MEDICINE CONSORTIUM GRANT.**

**WHEREAS**, The Ardmore Institute of Health contracts with the City of Laredo Public Health Department for the Lifestyle Medicine Consortium Program Grant. Through this award, Laredo Public Health will implement the Vida Plena (full Life): Laredo Lifestyle Medicine Consortium project, a community-based initiative focused on preventing and reducing chronic diseases through evidence-based Lifestyle Medicine interventions. The program will provide culturally tailored consultations, nutrition education, physical activity support, stress management resources, wellness programming, and community support services for underserved and uninsured populations of Laredo and Webb County. The initiative will also utilize biometric screenings and warble technology to monitor participant outcomes and support long term behavior change aimed at improving overall health and quality of life.

**NOW, THEREFORE BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF LAREDO THAT:**

**Section 1:** The City Manager is hereby authorized to accept and enter into a contract from the Ardmore Institute of Health for the Lifestyle Medicine Consortium Program Grant, amending the FY2025-2026 budget by appropriating revenues and expenditures in the amount of \$100,000.00, with no match for the City of Laredo Public Health Department, for the term June 01, 2026 through May 31, 2027. Funds will be accounted for in the Laredo Public Health Department Fund – Lifestyle Medicine Consortium Grant.

**Section 2:** The revenue account is 226-0000-327-9067 and the expenditure division is 226-6519 with Project Number HEAH01.

**PASSED BY THE CITY COUNCIL AND APPROVED BY THE MAYOR ON THIS \_\_\_\_\_ DAY OF \_\_\_\_\_, 2026.**

**DR. VICTOR D. TREVINO  
MAYOR**

**ATTEST:**

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**MARIO I. MALDONADO JR.  
CITY SECRETARY**

**APPROVED AS TO FORM  
DOANH T. NGUYEN, CITY ATTORNEY**

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**AMBER R. HOLMES  
ASSISTANT CITY ATTORNEY**