



**Come and Join us for the 3-Part
“Love your Heart Series”**

**Deussen Park Senior Comm. Center
12303 Sonnier, Houston, TX 77044**



Topics will include:

- ♥ ***Heart Health - 9:00 a.m. ~ Thursday, February 15th***
- ♥ ***Cholesterol & Blood Pressure ~ 9:00 a.m., Thurs., Feb. 22nd***
- ♥ ***Stroke Prevention- 9:00 a.m., Thursday, March 1st***



Come Play Cardio Bingo!

Prizes