

Happenings

Help for the Heart: Heart Failure Education

Thursday, February 23
11 am – 2 pm (includes lunch for those who pre-register)
Houston Health Pavilion
EduCare Center
233 North Houston Road
Warner Robins

An education program designed to improve the quality of life for persons with heart failure. Taught by a multi-disciplinary team of healthcare profes-

sionals, educational topics include Understanding Heart Failure, Nutrition, Combating Fatigue, and Medications. Join us for this free informative and beneficial program to become a more active part of improving your overall health. Caregivers or support persons are also encouraged to attend. Weight scales and pill dispensers will be given to those who need them. Call 923-9771 to pre-register.

Managing Your Blood Pressure

Monday, February 6
4 – 5 pm
Houston Health Pavilion
EduCare Center
233 North Houston Road
Warner Robins

Persons with uncontrolled blood pressure have a higher risk of heart disease and stroke. This educational program is taught by a Registered Nurse and is designed to equip participants to better manage their blood pressure. Call 923-9771 to pre-register.

Warning Signs of Stroke & Heart Attack

Friday, February 10
11 am – 12 noon
Rozar Park
1060 Keith Drive, Perry

February is Heart Month. Join us and learn the warning signs of a stroke or heart attack and when to seek treatment to avoid permanent damage, or even death. Call 923-9771 to pre-register.

Save The Date!

Thursday, February 16
11:30 am – 1 pm
Doors open at 11 am
Cary W. Martin Conference Center
Houston Health Pavilion
W3 Entrance
233 North Houston Road
Warner Robins

Put on your “red outfit” and join Houston Healthcare for this annual luncheon focusing on heart disease and women. Tickets are \$15 each and must

Heart Healthy Winter Soups

Tuesday, February 14
11 am – 1 pm
Houston Health Pavilion
EduCare Center
233 North Houston Road
Warner Robins

What better way to say “I Love You” to a loved one or to yourself than to prepare foods



Promoting Awareness of
Women's Cardiovascular Health

LUNCHEON

be presented at door for admittance. Tickets must be purchased in advance by calling 923-9771.

that are healthy for your heart on this Valentine's Day special event. Learn how to cook healthy winter soups prepared in a crock pot or on the stove. Delicious flavors and simple preparations will make the dishes appealing to you and your family. Call 923-9771 to pre-register.