



Attend the GISD Nurse's Community Forum presentation

"HEART HEALTH"

In honor of the American Heart Association's Go Red For Women

February 16th at 7pm at the Annex

And be entered to win one of the following prizes from our generous community merchants on the square

Gift Card from Monument Café

*Heart Healthy Cookbook & Gift Card from Book
Pride*

Gift Certificate and T-Shirt from RunTex

*Gift Certificate for a Massage from Roy's Lone Star
Mobile Massage*

*In addition to a fabulous presentation on risk factors for heart disease, recognizing symptoms of a heart attack and stroke, and reducing your risk factors, we will have a **massage therapist providing 15 minute massages for \$10!!!***

Get Free Body Mass Index and Blood Pressure

Find out about Williamson County's Free Get Fit, Get Healthy, Get Moving Health Program