



“Healthy Cooking on a Budget”

Heart Month

**Class at Tunlii Community
Center on**

February 6th at 6:00 pm

**Transportation available at Food Bank
no later than 5:30 pm.**

**Sponsor by CHR Program, Diabetes Prevention
Program & Food Bank**



“HEALTHY HEART FAIR”

**February 8th, 2019 at 10am–1pm
at the Tunlii Community Center**

- * Health Booths
- * Blood Pressure Check
- * Blood Sugar Check
- * Presentations
- * BMI
- * Lunch provided

For more information contact CHR Program

Linda Rocha 649-7116 or Renee Gonzalez 649-7120



Walk/Run for a Healthy Heart

Join & support Heart Month Walk/Run
at Middle Verde Heritage Park
starting at 12pm February 14th

Blood Pressure Check—Blood Sugar Check—BMI—Weigh-in
Incentives for all participates that complete Walk/Run
Sponsor by CHR Program & Diabetes Prevention Program