



**Starting
October 2, 2024**

**Heritage Hall Senior
Center**

10:00AM

HealthTalk Express

TEXAS A&M
AGRILIFE
EXTENSION

HealthTalk Express are 30 minute or less health presentations using a persuasive public speaking approach that empowers the audience to take action. More topics will be added based on interest and demand.

**NO EXCUSES:
Get Screened.**

POWER TO PREVENT DIABETES

**PRESSURE DOWN:
Controlling Your Blood Pressure**

**BE F.A.S.T.
to Prevent a Stroke**

**STRESS:
Friend or Foe**

**TAKE ACTION:
Be Med Smart**

DATES

October 2

October 9

October 16

October 23

October 30

November 6

CONTACT

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