



¡Corazon saludable, Vida saludable!

Le invitamos a participar de estas cuatro (4) sesiones
educativas para mejorar el bienestar de su familia.

Martes Marzo 8-29, 10am-12 pm
Iglesia St. John's Episcopal

Viernes Marzo 11-Abril 1, 6-8pm
Iglesia del Nazareno

Para registrarse:

1. Utilize el enlace: <https://us02web.zoom.us/meeting/register/tZ0sc-yrrDgtH9elwKveqGAMBv4CL9Z6Rk0Z>
2. Utilice la camera de su telefono celular para escanear el codigo QR



Agradecemos a nuestros auspiciadores





Healthy Heart, Healthy Life!

We invite you to participate of these four (4) educational sessions that will improve yours and your family's well-being.

**Tuesdays March 8-29, 10am-12 pm
St. John's Episcopal Church**

**Fridays March 11-April 1, 6-8pm
Church of the Nazarene**

To register:

1. Follow this link: <https://us02web.zoom.us/meeting/register/tZ0sc-yrDgtH9elwKveqGAMBv4CL9Z6Rk0Z>
2. Use your phone to scan the QR Code



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