

UF Health

St. Johns
PRESENTS:



Wellness 4 You

HEALTH EDUCATION SERIES

**@ FLAGLER ESTATES
COMMUNITY CENTER**

FRIDAY, JANUARY 31ST, 12:30-2:00 PM

February is **American Heart Month** and **National Cancer Prevention Month**.

Please join us for presentations from experts in their fields including an **Oncology Nurse Educator** and a **Certified Cardiovascular Educator...**

Come learn about:

- **Healthy Heart Healthy Meals and Snacks – Hypertension reduction**
- **Cancer education and screenings**

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