Keep The Beat Going

FEBRUARY IS AMERICAN HEART MONTH

Join Us

As we fill your hearts all month long with healthy tips to help Keep YOUR Beat Going!

February 2

NATIONAL WEAR RED DAY!

Celebrated the first Friday in February, ***National Wear Red Day*** is a day to wear ***red*** and raise awareness on heart disease – the No.1 leading cause of death in the United States.

Tag us on **Facebook** or **Twitter** wearing red at:

@TXAMAgriLifeCameronCounty
@CameronCountyHealth

@CCPH_TX

TEXAS A&M AGRILIFE EXTENSION

CAMERON COUNTY PUBLIC HEALTH

February 9

10:00AM Valley Regional Medical Center
Know Your Numbers
(FREE blood pressure, blood glucose, and total cholesterol screenings)

11:00AM DSHS Tobacco Cessation Program
Smoking Risks & Cessation

February 16

10:00AM Neighbors Emergency Center Brownsville
Importance of Heart Health

10:30AM Cameron County Public Health WIC Program
Heart Healthy Eating
(FREE BMI Screening)

11:00AM Texas A&M AgrfiLife Extension Program
Cooking Demonstration
TIPS ON REDUCING FAT CONTENT
(Recipe Sampling)

February 23

10:00AM Valley Baptist Medical Center Brownsville
A Healthy Weight for A Healthy Heart

11:00AM Tru Fit Athletic Clubs Harlingen
Importance of Physical Activity
(Physical Activity Demonstration)

12:00PM Texas A&M AgrfiLife Extension Program
Cooking Demonstration
TIPS ON REDUCING SODIUM CONTENT
(Recipe Sampling)

Classes will be held at

Joe G. Rivera & Aurora De La Garza Building
(Cameron County San Benito Annex)
1390 W. Expressway 83 • San Benito, TX
(956) 247-3685

Classes are FREE and OPEN to the public. Seating is limited and will be offered on a first come, first serve basis. Please reserve your spot by calling Texas A&M Extension Office at (956) 361-8236.

TEXAS Health and Human Services | Texas Department of State Health Services

neighbors EMERGENCY CENTER

Valley Baptist Medical Center BROWNSVILLE

VALLEY REGIONAL Medical Center An HCA Affiliated Hospital

TRUFIT ATHLETIC CLUBS