



GO RED TO SUPPORT WOMEN'S HEALTH



Does your organization specialize in heart health prevention and treatment of the #1 silent killer, Heart Disease? Join us Wednesdays in February for "Conversations Heart to Heart"

SENIOR *Talk*

FOR PEOPLE GETING BETTER WITH AGE

**RESOURCE WEDNESDAY
12 NOON CST | 1PM EST**

**WITH
CLARA HUBBARD**



**COMMUNITY NEWS | HEALTH ADVOCACY
FAMILY MATTERS | RESOURCES | ENTERTAINMENT**

**WATCH SENIOR TALK
WITH CLARA HUBBARD
"LIVE"**



For Guest appearances & advertising details:
Senior Talk with Clara Hubbard
312-428-6919

Please Visit www.clarahubbard.org to learn more

NATIONAL WEAR RED DAY | FRIDAY, FEBRUARY 2, 2024

Sisters
4 Self-Care™



SENIOR TALK
With
Clara Hubbard

NATIONAL WEAR RED DAY

Let's Take a
Stand Against
Heart Disease

FRIDAY, FEBRUARY 2, 2024
MULTI CITY OUTREACH INITIATIVE

SHOW YOUR RED
OUTFITS

EVENTS:

DISCUSSION ON
PREVENTION OF
HEART DISEASE

ENJOY HEALTHY
FOODS

GO RED TO SUPPORT WOMEN'S HEALTH

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