



February



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 GETTING 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

GO RED TO SUPPORT WOMEN'S HEART HEALTH

TAKE CHARGE OF YOUR HEART HEALTH



WEDNESDAY, FEBRUARY 7, 2024

#GORED365

Let's Take a
Stand Against
Heart Disease

TOPICS:

SENIOR TALK
With
Clara Hubbard

Sisters
4 Self-Care™

DISCUSSION ON PREVENTION OF HEART DISEASE

MULTI CITY OUTREACH INITIATIVE

WATCH LIVE

12PM, CST / 1PM, EST

www.clarahubbard.org "Live Stream"

GO RED TO SUPPORT WOMEN'S HEALTH

PRESENTING RADIO PERSONALITY
CLARA HUBBARD, GoRed365 MC

Sisters 4 Self-Care™



TERRI JACKSON
FOUNDER

April 11, 1989, I lost my most awesome Mother to heart disease at the age of 42. The absence of someone so dear and beautiful has changed my life forever. Through the years, my life's mission has been to increase awareness about the world's biggest silent killer through blood pressure screenings and advocacy in underserved communities. I have partnered with SISTERS4SELFCARE to bring a nationwide awareness to Heart Disease...

Let's Go RED 2024

...education and preventive methods to take charge of your heart health. #gored365

*In service and gratitude -
Senior Talk with Clara Hubbard*

FEBRUARY
THURSDAYS
9PM EST

SCHEDULE OF EVENTS

- FEB 1 SALAD IN A JAR
- FEB 8 "LOVE YOUR MAN" TO HEALTH
- FEB 15 HEART HEALTHY COOKING WITH "DO IT, DONNA!"
- FEB 22 REDUCING STRESS WITH ESSENTIAL OILS
- FEB 29 PAJAMA JAM!!!

Registration

SISTERS4SELFCARE.COM



Exclusive

#livingwell2gether.

We are looking for 100 people to join the mission of self care!!

- Reduce Blood Pressure
- Control your A1C Levels
- Lose 10lbs in 10 days
- Decrease Stress

Limited spots available

for more details

www.clarahubbard.org

312-428-6919

SENIOR TALK
With
Clara Hubbard

Hypertension
#1 Silent Killer!
#GORED365

Sisters
4 Self-Care™

Increased physical activity combined with weight reduction and diet modification help in preventive care toward hypertension.

