



GO RED TO SUPPORT WOMEN'S HEALTH



Does your organization specialize in heart health and preventive 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

Email: seniortalk@gmail.com

Please visit www.seniortalkmedia.com to learn more



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

text 312-725-4377 (include email

SENIOR TALK
With
Clara Hubbard

**Hypertension
#1 Silent Killer!**



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

SINCE 2017
**Senior
Talk
Media**

FEBRUARY 2025
Tuesday or Thursday
11am - 1pm or 12pm - 2pm



"LIVE & LEARN HEART HEALTH SERIES"



A CUSTOMIZED MINI RESOURCE FAIR IN THE COMFORT OF YOUR SENIOR COMMUNITY **(text 312-725-4377 please include email)**

- FREE HEALTH SCREENINGS | HEART HEALTHY EATING
- CLINICAL TRIAL OPTIONS FOR HEART HEALTH STUDIES
- HEART HEALTH DISCUSSIONS ON PREVENTION AND TREATMENTS
- Q & A with HEART HEALTH EXPERTS AND SURVIVORS
- GET THE BODY IN MOTION TO STAY IN MOTION

Email seniortalk@gmail.com "LIVE" to learn more
www.seniortalkmedia.com