



PHILIPPINE NURSES ASSOCIATION OF NORTH HOUSTON IN
COLLABORATION WITH HOUSTON NORTHWEST FIL-AM

Annual Community Health Fair

Where: Collin's Park @ 6727 Cypresswood
Dr. Spring 77379
****Location may change**

When: April 12, 2020 Sunday

Time: 11:00 AM to 4:00 PM Health Fair
10 am to 11 am Set Up
3 pm to 4pm - ZUMBA
4 pm to 5 pm Clean Up

FREE
HEALTH SCREENING AND
EDUCATION

SPRING INTO HEALTH

FREE!

- ✓ **Blood Pressure Screening**
- ✓ **BMI Profile**
- ✓ **Glucose Screening**
- ✓ **Hands-only CPR**
- ✓ **Heart Disease Prevention**
- ✓ **Chest pain Education**
- ✓ **Stroke Education**
- ✓ **Diabetes Education**
- ✓ **Cancer Prevention**
- ✓ **Zumba**

Potluck picnic to share &
exciting games to play with
family and friends!

Contact to volunteer and get certificate:
Outreach Chair : Nathalie 281-250-2813
Outreach CoChair: Lani 281-475-7150
President: Ira 832-462-0103