



Conocer tu Poder: Powered by Houston Methodist

Health Education Series

La Tiendita, The Cabin 1062 Fairmont Pkwy, Pasadena, TX

Free \$100 H-E-B Gift Card for attending all 4 sessions

Only 30 spaces available

9:00 a.m.-12:00 p.m

Session Dates:

January 17th 9-12 p.m. (Sessions 1 and 2)

January 24th (Sessions 3 and 4)

February 7th (Graduation and Celebration)

Topics will include:

Preventative and Primary Care, Healthy Eating, Get Active and Mental Health

Register at: 832.476.9732 or by E-mail at sam.palacios@tejanocenter.org

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