

Love Your Heart Workshop



When: February 21, 2018

Time: 10:00 am to 12:00 pm

Location: Oasis Lifelong Adventure

3301 Menaul Blvd NE, Suite 18

Come enjoy an interactive morning! Learn about ways to show love to your heart! We will have a fun presentation on Staying Healthy at any Age, a yoga demonstration, community resources that will help you along your path for wellness and blood pressure checks will be offered. Games will be played, prizes will be awarded and light snacks will be provided.

Come for the fun, come for the prizes, come for the snacks!!

Hope to see you there! Please RSVP spots are limited!

RSVP

Call (505) 816-2006

Or

Email ibaecgroup@bcbsnm.com



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