

Join us for Heart Health Month!



Friday, February 1

National Wear Red Day to raise awareness for Heart Disease

Friday, February 1 at 12:00 p.m.

Cardiac Presentation by Williamsburg Ambulance

Friday, February 8 at 12:00 p.m.

Heart Health Presentation

Wednesday, February 20 at 11:00 a.m.

The Impact of Stress on the Heart Presentation
& Blood Pressure Screenings

Monday, February 25 at 12:00 p.m.

Congestive Heart Failure Presentation



**BLAIR SENIOR
SERVICES**

AREA AGENCY ON AGING

Williamsburg Senior Center

423 West Second Street in Williamsburg

Call Jamie at 832-3625 for more info.