

Lunch & Learn: Health Express Series

Bring a lunch and join us as we learn about important health topics.

Stress: Friend or Foe

Let's talk about stress and learn practical strategies to tame your stress.

Wednesday, June 14 from 11:00am-12:00pm

Be F.A.S.T. to Prevent a Stroke

You will be informed about the warning signs of a stroke.

Wednesday, July 19 from 11:00am-12:00pm

Power to Prevent Diabetes

Do you know your diabetes risk? This class will raise your awareness about diabetes and prediabetes.

Wednesday, August 16 from 11:00am-12:00pm



Programs will be held at

**Mammen Family Public Library
131 Bulverde Crossing
Bulverde, TX 78163**

Visit mammen.librarycalendar.com or call
the library at 830-438-4864 to register.

