

Lunch & Learn: Health Express Series

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

Pressure Down: Controlling Your Blood Pressure

Let's talk about maintaining a healthy blood pressure.

Wednesday, November 15 from 11:00am-12:00pm

Stress Less: Mind Matters

We will explore how stress affects our mental and emotional health.

Wednesday, December 20 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.

