Blood Pressure & Nutrition Workshop



Nov. 18 | 4 p.m.

1355 N. Raymond Ave.
Pasadena 91103

Ages 18+

Take your health knowledge to the next level with a presentation from Welbe Health. Learn about your blood pressure, the meaning behind the numbers, how it affects the body, and the changes you can make to improve. Review the five different food categories, calories, and the importance of exercise.

Free giveaways will be available for the first 20 participants.

CENTRAL LIBRARY EARTHQUAKE RETROFIT AND BUILDING REPAIRS

The Pasadena Central Library is poised for essential earthquake repairs and safety enhancements vital for reopening our historic landmark. The project will ensure a safe, accessible hub for learning and connection. Reduced programming continues during closure. Stay updated at PasadenaPublicLibrary.net.

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For accessibility information and requests, contact La Pintoresca Branch Library at (626) 744-7268. Providing at least 72 hours advance notice will help ensure availability.