

EOB EMPOWERS!

THURSDAY APRIL 25, 2019

5:00 P.M.—7:00 P.M.

EMPOWER YOURSELF!

MEMBERS OF THE COMMUNITY **14 AND UP** ARE
INVITED TO LEARN “DO-IT-YOURSELF” TECHNIQUES.
JOIN US IN **CELEBRATING HEALTHY LIFESTYLES!**

- MONITOR BLOOD PRESSURE
- PROPERLY USE HEALTH AND BEAUTY PRODUCTS
- NAVIGATE COMMUNITY HEALTH RESOURCES INCLUDING 211
 - CHECK TIRE PRESSURE AND CHANGE A FLAT
 - REPLACE LIGHT SWITCHES
- MONITOR YOUR COMPUTER FOR VIRUSES
 - PLAN FURNITURE LAYOUTS

AND SO MUCH MORE!

DRESS COMFORTABLY! WE WILL HAVE YOGA SESSIONS!

SPECIAL GUESTS INCLUDE VALLEY UNITED WAY AND GRIFFIN HOSPITAL

FOR MORE INFORMATION CALL: 203.732.1800