


20A

TEXAS A&M AGRILIFE EXTENSION &
THE HIDALGO COUNTY WELLNESS PROGRAM
INVITES HIDALGO COUNTY EMPLOYEES TO THE



DINNER TONIGHT

HEALTHY COOKING SCHOOL

Wednesday, January 22, 2020 at 6:30 P.M.
**Edinburg Conference Center at
Renaissance**

Featuring Cooking Demos by:

Richard F. Cortez

Hidalgo County Judge

Eduardo "Eddie" Cantu

Commissioner Precinct 2

Ellie Torres

Commissioner Precinct 4

Dr. Melany Castillo

DHR Diabetes & Endocrinology Institute

All Attendees Register At:

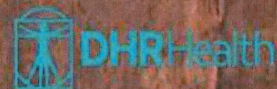
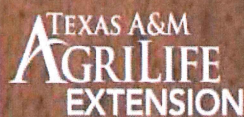
<http://hidalgo.agrilife.org>

This Event is for Hidalgo County Employees.

Doors Open at 6:00 P.M.



HEALTHY SOUTH TEXAS



HEALTH TALK 2020



HIDALGO COUNTY WELLNESS
PROGRAM PRESENTS

HEART & VASCULAR DISEASE

SPECIAL GUEST SPEAKER *Carol Mejia, R.N.,
B.S.N. C.H.R.N.*

Heart Failure and Mechanical Circulatory
Support Program Coordinator

*Opening Remarks by
Judge Richard F. Cortez*

We invite you to attend this
free and informative
presentation regarding the
causes and treatments of heart
diseases.

FREE LUNCH PROVIDED

**THURSDAY, JANUARY 30, 2020
COMMISSIONER'S COURTROOM
12:00 PM - 1:00 PM**

Register at: <https://hidalgocounty-january-health-talk.eventbrite.com>



Hidalgo County Community Wellness Expo



HIDALGO COUNTY EMPLOYEE WELLNESS



HIDALGO COUNTY INVITES THE COMMUNITY
TO JOIN OUR EFFORT IN PROMOTING
HEALTHY LIFESTYLE CHANGES!
JOIN US FOR A COMMUNITY
WELLNESS EXPO:

Saturday January 25, 2020

8:30 A.M. - 11:00 A.M.

Adult & Children Fitness Classes:

8:30 A.M. & 9:30 A.M.

Yoga Class:

10:15 A.M.

**Hidalgo County Pct. 2 Indoor Sports
Complex**

3600 ATHOL ST, PHARR, TX 78577