



Bring your sweet 'heart' to JOY Group as
we celebrate Valentine's Day!

The group decided at our last meeting to
bring someone new to the February meeting.
Since February is the time to show others we
care...bring someone who doesn't know the
JOY of our Group!

Belinda Raynor, Harney County Public Health
Educator, will present the program on
"Heart Healthy Eating".

Tuesday, February 10th, at 11:30 am
Western Sizzlin'

For more information, call Nancy Wright
at (910) 292-2004.

