



# Latino Enrollment Summit

**Get Health Insurance Coverage in 2014!**

**Saturday, February 15, 2014**

**12:00 PM – 4:00 PM**

**HIRIAM CLARKE MULTI SERVICE CENTER**

**3810 W. Fuqua Street, Houston, Texas 77075**

**Call 281.489.1111 for more information.**

**Come join us for our Health Fair as well!**

Diabetes and cholesterol examinations and free blood pressure screenings!

Come learn about and help us raise awareness on exercising regularly, smoking cessation, eating healthily and maintaining a healthy weight!





## Come Celebrate Heart Awareness Month



Saturday Feb 15  
sábado 15 de feb



Vengan a Celebrar  
**El Mes del Corazón**



### **Free** blood pressures

Learn about:

Exercise regularly

Don't smoke

Get tested for diabetes

Know your cholesterol levels

Eat a lot of fruits and vegetables

Maintain a healthy weight

### **Gratis** – exámenes de presión arterial

Saber más sobre como:

Hacer ejercicios

No fumar

Hacerse pruebas para detectar diabetes

Conocer sus niveles de colesterol

Comer muchas frutas y verduras

Mantener un peso saludable

Saturday February 15 – 15 de febrero – sábado

Hiram Clarke MSC: 3810 W. Fuqua. Houston

12:00 – 4:00pm (281-489-1111)

**BONUS:** Come and **get enrolled** onsite for Obamacare.

Oportunidad para **inscribirse** en el Mercado de **Salud**