



Free
Lunch!

LUNCH & LEARN

in Honor of Heart Health Month

Join us for an engaging Heart Health Lunch & Learn led by our Nurse Practitioners at Kaiser Family Practice, two Providers who are passionate about helping you take charge of your heart health!

During this informative session, Jochelle Uriegas, NP and Pamela Clark, NP will share practical, easy-to-understand guidance on cardiovascular wellness, including heart-healthy habits, understanding key risk factors, and recognizing warning signs that shouldn't be ignored.



February 26, 2026
Thursday Noon
OKMH Community Room



3349 S. Hwy. 181 Kenedy Texas 78119



Participants will have the opportunity to ask questions, learn about preventive screenings, and gain tips you can put into practice right away—whether you're managing a heart condition or simply focused on staying healthy. Enjoy a relaxed, welcoming environment with lunch provided while learning valuable information to support a healthier heart for you and your family. An RSVP is required to plan for meals.



RSVP to 830-583-4591

