



Community HealthNet
Health Centers



Linked in Friendship, Connected in Service
Northern Indiana (IN) Chapter

Free Workshop

HEART 101 LESSON

Learn

Blood Pressure

Control

Chair Yoga

Stress Relief

Nutrition

Meditation



Valarie Royal-Robinson NP APN



Healthy Refreshments Served



Larry Turner
Yoga Therapist/Psychologist

Friday 2/21/2025
10:00am - 12:00pm
Community HealthNet
Health Centers
1021 W. 5th Ave
Gary, IN 46402
219.880.1190
www.chn-indiana.org
scan to visit website

