



Ask a Nurse Series

Questions? Ask our Nurse!
Join our Nurse as they discuss important
health topics.



From 3 pm to 4pm

- 2/10 - Exercise
- 2/13- Cardiovascular Disease
- 2/17- Self-Care



Whittier Wellness Community

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(562) 775-6104

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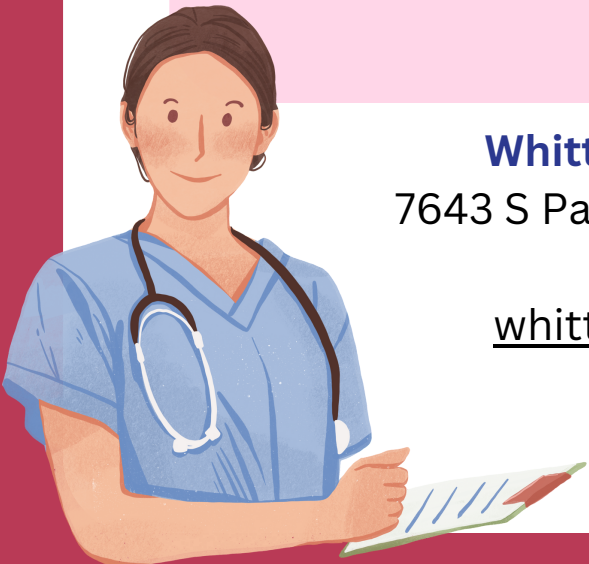


Pregúntele a la enfermera

¿Preguntas? Pregúntele a la enfermera.
Únase a nuestra enfermera mientras
discuten temas importantes de salud.

De 3pm a 4pm

- 2/10- Ejercicio
- 2/13- Enfermedades Cardiovasculares
- 2/17- Autocuidado



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