

**H E H N**  
**HOLISTIC EDUCATION & HEALTH NETWORK**  
**PRESENTS...**

**FREE EDUCATIONAL HEALTH TALK SERIES**  
**Mondays 5:30-7:00 PM**  
**Rosewood Zaragosa Center**

**LEARN ABOUT AFFORDABLE, EASY, HOLISTIC  
HEALTH OPTIONS FROM LOCAL EXPERTS**

**MARCH 23: FIBROMYALGIA**

**MARCH 30: DIABETES PREVENTION AND MANAGEMENT**

**APRIL 6: ORGANIC GARDENING**

**APRIL 13: WELLNESS THROUGH MUSIC THERAPY**

**APRIL 20: CANCER PREVENTION**

**APRIL 27: DISEASE PREVENTION THROUGH NUTRITION**

**MAY 4: STRESS MANAGEMENT**

**MAY 11: NATURAL HEART HEALTH**

**MAY 18: 10 TIPS FOR BETTER HEALTH**

**ROSEWOOD ZARAGOSA CENTER**  
**2800 WEBBERVILLE RD**  
**(512) 972-6740**

**HOLISTIC EDUCATION &**  
**HEALTH NETWORK**  
**WWW.HEHNETWORK.ORG**  
**(512) 797-6377**

**POPCORN, HEALTHY SNACKS, AND OTHER REFRESHMENTS WILL BE PROVIDED**