



# DHR Health

Wellness Center



## Join us for a free Lunch and Learn Seminar

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**Topic: “Heart Health”**

**When: Thursday, February 6, 2020**

**Where: City Hall Community Room**

**Time: 12:00 p.m. – 1:00 p.m.**

**Presenter: Dr. Michael Martinez**

***Please register with Human Resources no later than  
Wednesday, February 5, 2020, by 1:00 p.m.***

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*For Life.*