


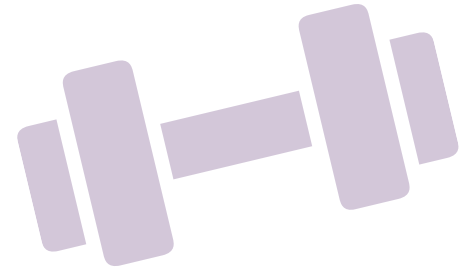
Flower Mound Day of Health

Sponsored By:



Event

- Eagle Scout Project for Jared Cluff
- Classes taught by local health professionals
- Blood drive, provided by  Carter BloodCare
- Free daycare
- One raffle entry for each class attended
- Refreshments provided



Classes

9:00 - 10:00 Coping with Depression and Anxiety in High School - Annette Jerome, Ph.D., Psychologist

10:00 - 11:00 How to Prepare Healthy Lunches and Snacks - Jennifer Frandsen, Integrative Nutrition Coach

11:00 - 12:00 Fitness on a Tight Schedule - Jesse James Leyva, Personal Trainer

12:00 - 1:00 How Not to Get Sick: 10 Critical Keys for Preventing Disease - Douglas M. Cluff, M.D.



Blood Drive

- Each pint donated saves three lives
- Blood donors receive a free T-shirt



Questions & Sign - Up



Or visit KFMH.org

Saturday, August 31st · 9:00 AM - 2:00 PM

**at 3882 Quail Run, Flower Mound, TX 75022
(The Church of Jesus Christ of Latter-Day Saints)**