



Ask the Expert Series

Join us for the upcoming events in our Ask the Expert Series:

Alzheimer's Disease - Why Early Diagnosis Is Important

Tuesday, July 23 at 4:30 – 6:00 pm

June is Alzheimer's Awareness Month. Seleina Kirorei, NP, KHS Geriatrics will discuss why early intervention helps.

Healthy Diet Management with Diabetes

Tuesday, August 27 at 4:30 – 6:00 pm

Senior Services patient advocate will explain the best tips and tricks to succeed at managing your diabetes and diet.

Fall Prevention

Tuesday, September 24 at 4:30 – 6:00 pm

Falls threaten older adults' safety and independence and generate enormous economic and personal costs. Josh Henderson, RN, Cy Fair Health Services, provides prevention tips.

Heartis is committed to successful aging through lifelong learning.

Call 281.392.2200 to RSVP and reserve your seat.

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