# FORT BEND HAS HEART

FORT BEND COUNTY EMPLOYEES

## GO RED X

### FRIDAY, FEBRUARY 3RD, 10AM-12PM

Fort Bend County Historic Courthouse 401 Jackson St. Richmond, 77469

#### JOIN US FOR A DAY OF HEALTH & FUN:

#### **COMMUNITY PARTNERS**

- NEXT LEVEL URGENT CARE
- DR. BAXTER MONTGOMERY OF MONTGOMERY WELLNESS\*
- CARLOS VITAL OF VITAL ALLERGY & ASTHMA\*
- PATTY MARTIN OF SUGAR LAND NUTRITION\*
- JANE UJOATU, DRPH, MS, RDN, LD, CPH WITH ENCORE NUTRITION AND PUBLIC HEALTH CONSULTING INC.\*
- RUCHIKA BEHAL HEALTH COACH\*

\*FEATURED SPEAKER

- GIVEAWAYS
- EXERCISE/YOGA
- FREE FLU VACCINES
- DIABETES SCREENINGS
- BOONE CHAPMAN REPS
- CPR DEMONSTRATIONS
- BLOOD PRESSURE CHECKS
- EMPLOYEE PET ADOPTIONS
- FOOD AND BEVERAGES

















