



TAU CHAPTER INCORPORATED CHI ETA PHI SORORITY, INCORPORATED

PRESENTS

OUR 6TH ANNUAL HEALTHY HEARTS AND HEALTHY MINDS: ONE BEAT AT A TIME PROGRAM

SATURDAY NOVEMBER 4TH, 2023 10 A.M -2 P.M.

REGISTER BY OCTOBER 27TH, 2023 VIA
QR CODE OR EVENTBRITE
FOR QUESTIONS PLEASE EMAIL
TAUGRANTS@GMAIL.COM OR CALL 757-
218-6871
[HTTP://BIT.LY/48UFVT5](http://bit.ly/48UFVT5)



WELLNESS PROGRAM INCLUDES:
STROKE PREVENTION, HEART
HEALTHY NUTRITION, PHYSICAL
FITNESS/STRESS MANAGEMENT,
GIVEAWAYS, AND DOOR PRIZES



KEITH H. NEWBY, M.D.
FORT NORFOLK PLAZA
CARDIOLOGY
ASSOCIATES



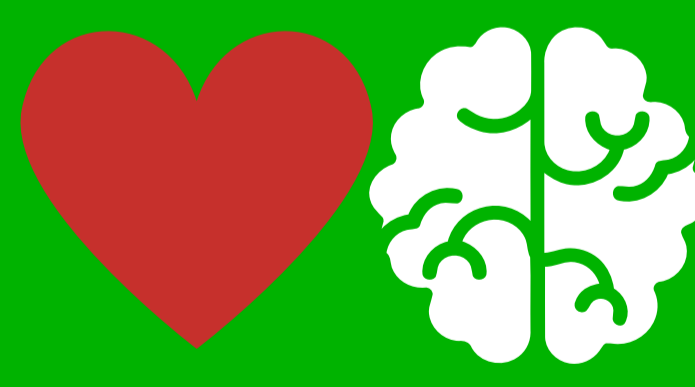
ROBIN R. SCOTT, RN, MSN, MHA
CO-CHAIR OF THE VA STROKE
COORDINATORS CONSORTIUM
AND NEUROSCIENCE PROGRAM
COORDINATOR



PHYLLIS D. MORGAN, PHD,
FNP-BC, CNE, FAANP
WALDEN UNIVERSITY
COLLEGE OF NURSING



MS. VALERIE WILDER
CERTIFIED NATURAL
HEALTH PROFESSIONAL



Newport News Alumnae Chapter
DELTA SIGMA THETA SORORITY, INC.



HAMPTON UNIVERSITY NURSES' ALUMNI ASSOCIATION

southeastern virginia
health system *quality healthcare
within reach*



**FREE EVENT
REGISTRATION
BEGINS 9:15 A.M.**

**800 WILLIAMS SPORTSPLEX
5 ARMISTEAD POINTE PKWY HAMPTON, VA 23666
OR
VIRTUAL ON ZOOM **

**THE PARTICIPANTS MUST BE AS FOLLOWS: 35 YEARS OR
OLDER AND HAVE A PERSONAL OR FAMILY HISTORY OF HIGH
BLOOD PRESSURE, DIABETES, OR HEART DISEASE.**