

# Healthy Mind. Body & Home

## Houston Parks and Recreation Department **Senior Youngsters** **Healthy Mind, Body & Home**



Come celebrate being a Senior. This is a day for all to enjoy.

There will be:

Speakers and Information Tables. Local Art Exhibit pieces of adult and youth artists. Music by local musicians and a raffle give away

Plus - Share your "Niche" - bring a sample of your hobby, as a group or individual - crafts and art, line dance, etc. Let others enjoy what you create.

### **Speakers include:**

Alvin Jolivette - Texan Plus

Leticia Carbajal - Amerigroup Texas I Anthem, Inc.

William Reese - D.A.W.N.

Gwendolyn Knight - Wellcare

Chris Dow - Balanced Mind and Body

Sergeant Tracy Hicks - HPD Auto Theft

**Location:** Charlton Park Community Center  
8200 Park Place Blvd., 77017

**Time:** 10:00 a.m. - 1:00 p.m.

**Date:** Wednesday, April 15, 2015

**Information:** (713) 645-3589

