

Tarrant County Master Gardeners and
The Tarrant Regional Water District presents



Vestido Rojo..Heart Awareness Cendera Center, Benbrook



Saturday, April 29
8:00 am - 1:00 pm

Cendera Center
3600 Benbrook Hwy
Benbrook, Texas 76116

Vestido Rojo (Red Dress) is a half day interactive free educational event offered in both English and Spanish. Participants journey through a series of health-focused workshops aimed at increasing knowledge of cardiovascular disease, stroke, and risk reduction strategies.

Every participant receives a free health screening. Educational panels and cooking demonstrations will be part of the day's activities along with a complimentary lunch and keynote speaker.

Questions or additional information, please contact

817-698-5472 or email Saida.santiago@heart.org

Or Tarrant County Master Gardener phone desk Mon – Fri 8:30 am – 4:30 pm
817-884-1944 or email mgfriendsofthegarden@gmail.com