

12th Annual Border Binational Health Week & 15th Binational Health Week

Consulado General de México Nogales, AZ

October 5-9, 2015

Binational Health Week Activities



October 5: 9am-10 am

“Dengue” Presentation, Dr. Mariana Casal
10am-11am- Aerobics y 11am-12pm- Yoga

October 6: 9am-10 am

“Why We Gain Weight” Presentation, Dr. Carlos Jesús Bórquez
10am-11am Yoga

October 7: 9am-12pm at Teyechea Park

Yoga, Zumbaton and Aerobics

October 8: 9am-10am

“Eating Disorders” Presentation, Dr. Eva M Davis
10am-11am- Yoga y 11am-12pm- Rhumba

October 9: 9 am -1pm

Binational Health Fair Event:

Free Cholesterol, Glucose, Blood Pressure, BMI, Flu shots(Walgreens)
Glaucoma Detection Screening by Dr. Guadalupe Ramirez
Healthy Food Cooking Demonstration



2pm-5pm Hair donation for persons with Cancer

Location for all activities: Mexican Consulate, 135 W. Cardwell St. Nogales, AZ

85621

5pm-6pm OS3

