

Healthy Heart Family Walk

February is American Heart month and First Colony Community Association would like to invite you to join together with your loved ones and come keep your heart healthy. The Healthy Heart Family walk will begin at 8AM at the First Colony office, 4350 Austin Parkway, on Saturday February 11, 2012. Bring the whole family with you and enjoy a scenic, thirty minute walk around the First Colony area. A healthy breakfast will be provided after, as our own Executive Director, Doug Earle speaks about getting healthy and staying that way. Come show your love before Valentine's Day and keep those hearts healthy! Registration is free but please contact Heather Neeley by February 3, 2012 to confirm your attendance: heathern@firstcolony.org or 281-634-9550.