

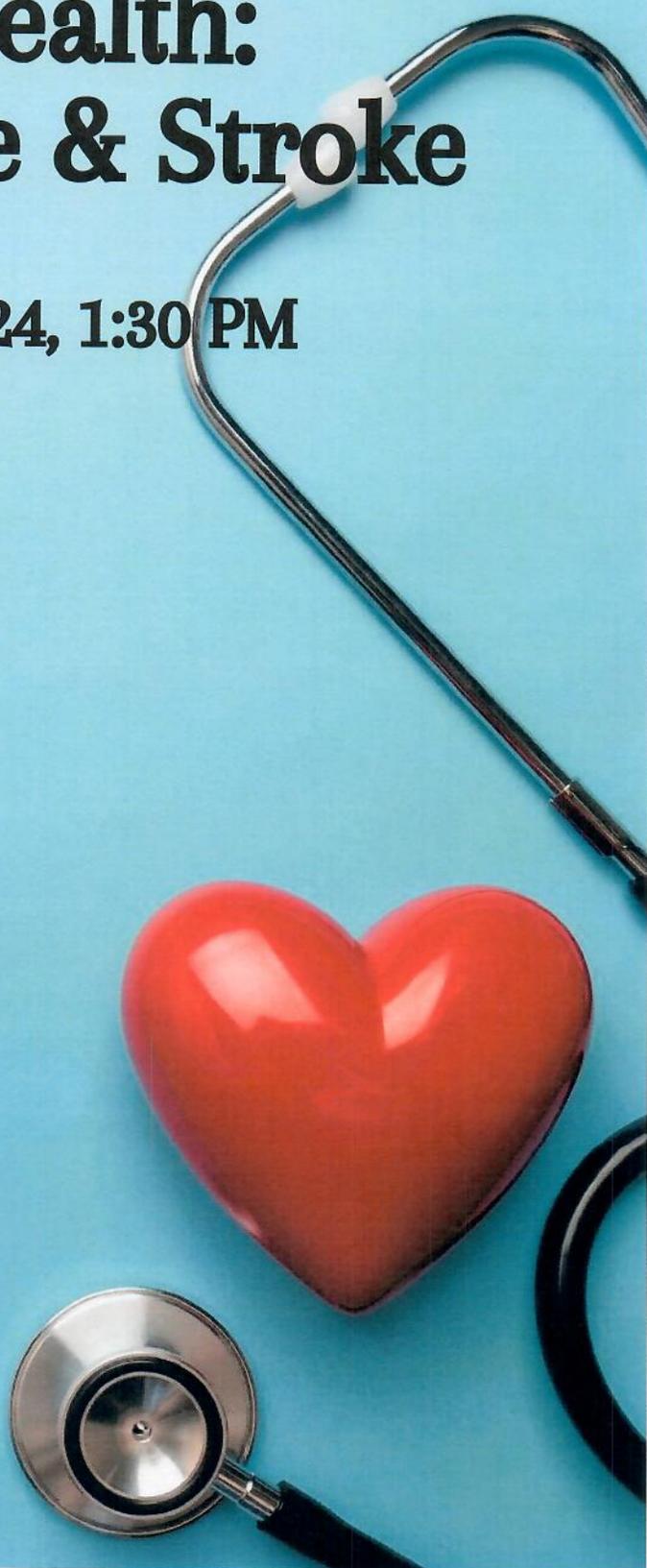
# Cup of Health: Heart Disease & Stroke

**Tuesday, March 24, 1:30 PM**

Cardiovascular conditions like heart disease and stroke kill 1 in 3 people each year, but because there are no warning signs, many women and men are unaware of their risk.

Learning personal risk factors and making small lifestyle changes is vital for protecting your health – maybe even saving your life.

This is the first of five "Cup of Health" programs in 2026, presented by a community health educator with the Waukesha County Public Health Department. Advance registration is appreciated at [elmgrovelibrary.org](http://elmgrovelibrary.org).



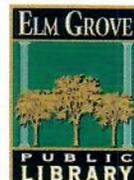
## 2026 Cup of Health Schedule

5/26: Better Sleep

7/28: Brain Health

9/22: Emergency Preparedness As We Age

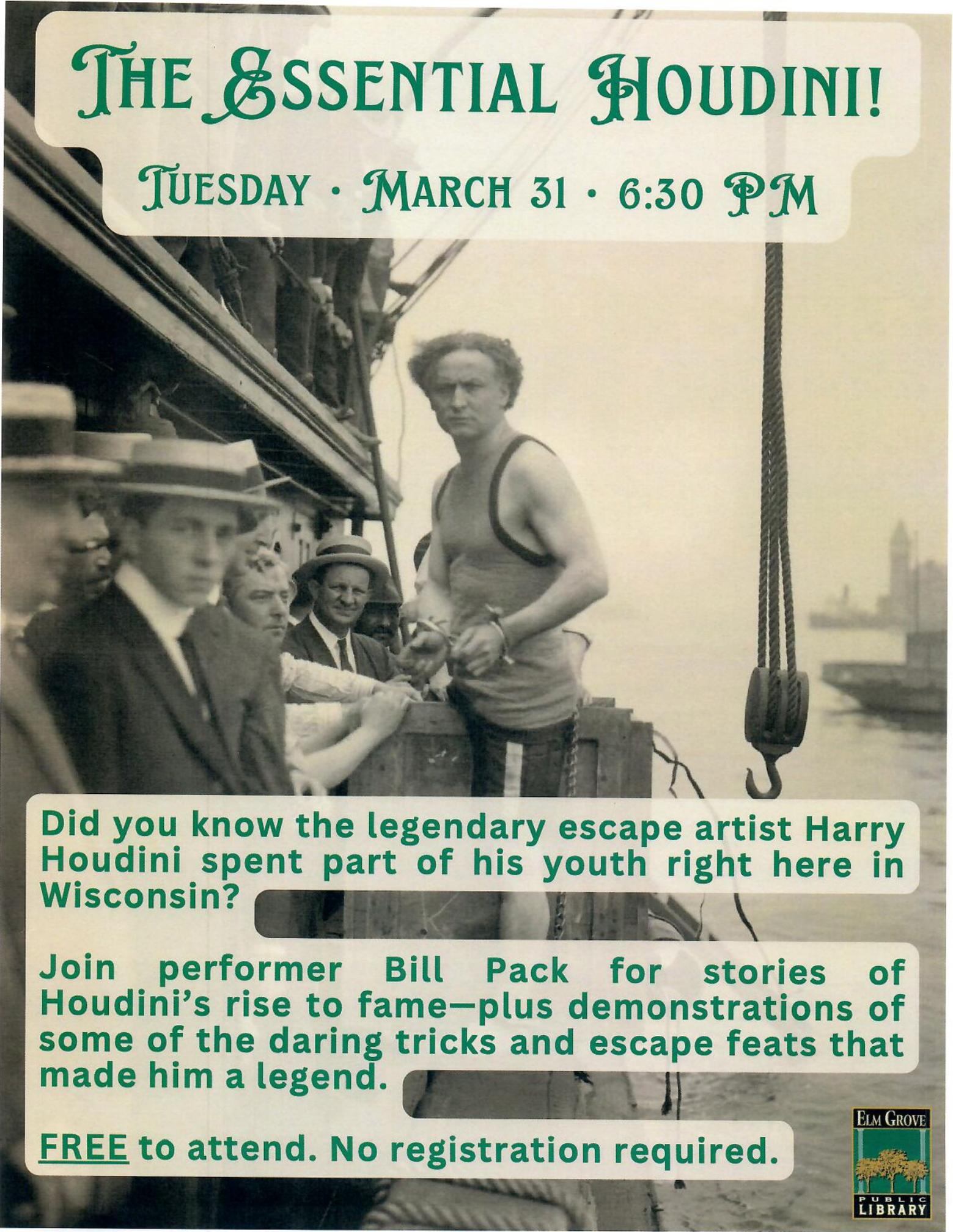
11/17: Self-Care



13600 Juneau Blvd. Elm Grove, WI 53122  
262-782-6717 | [elmgrovelibrary.org](http://elmgrovelibrary.org)

# THE ESSENTIAL HOUDINI!

TUESDAY · MARCH 31 · 6:30 PM



Did you know the legendary escape artist Harry Houdini spent part of his youth right here in Wisconsin?

Join performer Bill Pack for stories of Houdini's rise to fame—plus demonstrations of some of the daring tricks and escape feats that made him a legend.

**FREE** to attend. No registration required.