

Nine Best Foods for High Blood Pressure

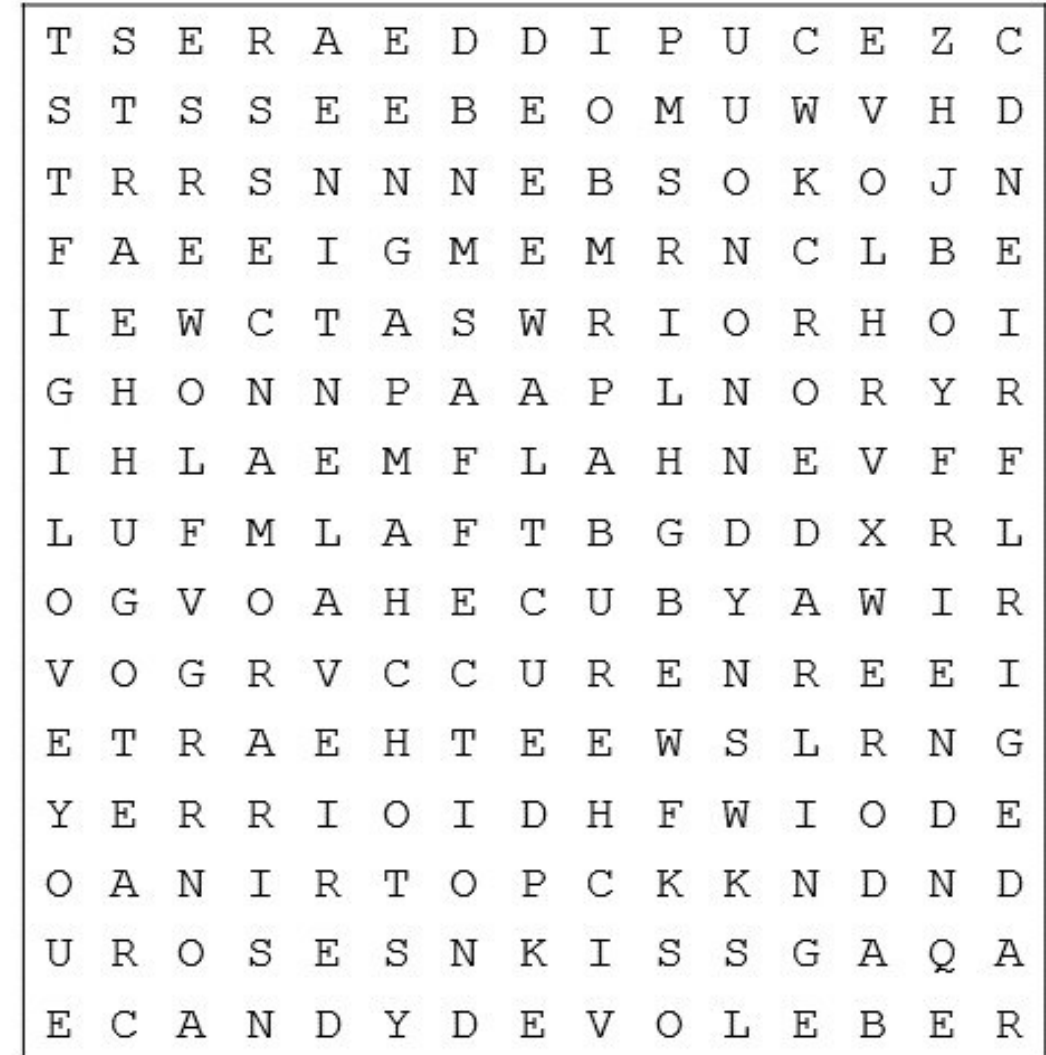


1. Bananas,
2. Blueberries,
3. Spices,
4. Dark Chocolate,
5. nuts,
6. yogurt,
7. beets,
8. fatty fish,



Valentine's Day

February 14th



**Spaces available for Friendly Visitor In-person or by phone
Call 847-406-4683**

Free Income Tax Assistance for low to medium income households (\$70k or less) is available at Waukegan Community Church 1016 Grand Ave Waukegan, IL 60085

This free service is sanctioned by the Internal Revenue Service and has been operating at Waukegan Community Church for the past 22 years.



Tax volunteers are trained by the IRS and are available every Saturday from 10 a.m. - 2 p.m. starting Feb 5th up through April 9th.

To utilize this service, proof of identity is required so you will need to bring a state ID with a picture, the actual Social Security card for everyone that will be included on your tax return, and all your supporting documents for the year .i.e. W2s, Social security statements, retirement income, etc

Tax assistance is provided by appointments only and these appointments can be made by calling (847) 360-1008.

ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE

CUPID
DARLING
DEAREST
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS

LOVE
PINK
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE

