

ON STAGE IN SUNRISE

Mean Girls: High School Edition

Saturday, March 11, at 2:00 pm and 7:00 pm

Sunday, March 12, at 2:00 pm

Cady Heron may have grown up on an African savanna, but nothing prepared her for the wild and vicious ways of her strange new home: suburban Illinois. When she rises to the top of the popularity pecking order, she learns the hard way that you can't cross a Queen Bee without getting stung! This musical stage adaptation of the hit 2004 film is presented by Broadway Kids Studio. Reserved seating: \$20.

Piano Men: Generations

Monday, March 20, at 7:00 pm

Two men, two pianos—one fabulous night! Don't miss the amazing father and son team of Terry and Nick Davies, playing and singing the hits of legendary musicians Billy Joel and Elton John. Reserved seating: \$30.



The Savannah Sipping Society

Saturday, March 25, at 7:00 pm

Sunday, March 26, at 2:00 pm

In this delightful comedy, four unique Southern women—all needing to escape the sameness of their day-to-day routines—are drawn together by Fate and an impromptu happy hour. Together, they realize it's never too late to make new "old friends." This lively show from the creators of The Golden Girls is presented by Curtain Call Playhouse. Reserved seating: \$20.

Sunrise Civic Center Theatre

10610 West Oakland Park Blvd., Sunrise 33351
(954) 747-4646

Box Office hours: Tuesday and Friday from 10:00 a.m. to 5:00 p.m.;
Wednesday and Thursday from 12:00 p.m. to 7:00 p.m.; Saturday from
10:00 a.m. to 3:00 p.m.; and one hour before shows. Tickets are also
available online at <https://www.sunrisefl.gov/tickets.html>.



2023

#SUNRISECOMICCON



SATURDAY
MARCH 4
11 AM TO 6 PM

SUNRISE CIVIC CENTER
10610 W. OAKLAND PARK BLVD.
COSPLAY CONTEST AT 6 PM

**ADRIAN
ROPP**

STORY ARTIST
DIRECTOR
ANIMATOR
MONSTERS U
CARS 2
DISNEY INFINITY!



**RANDOM
ENCOUNTERS**

SPOOFERS
YOUTUBE OPERA
GAMING INFLUENCERS



**BILL
SLEVIN**

& THE
PARANORMAL
RESEARCH
SOCIETY

PARASYCHOLOGIST
HAUNTINGS EXPERT
DEMONOLOGIST



**BUY YOUR
TICKETS NOW!**
\$10 ADULTS,
\$7 AGE 10 & UNDER

**PRICES INCREASE
ON FEBRUARY 26**



(954) 747-4646 OR
SUNRISEFL.GOV/COMICCON

FEBRUARY 2023



**FEBRUARY IS AMERICAN
HEART MONTH!**

Manage Your Blood Pressure,
Boost Your Heart Health

On Stage in Sunrise

Get Your Tickets for ComicCon!

VISIT THE CITY OF SUNRISE ONLINE

sunrisefl.gov



@cityofsunrise

Manage Your Blood Pressure for Heart Health



The Sunrise City Commission proclaimed February 2023 as **American Heart Month** in Sunrise—a time to pay special attention to heart health.

One important way to promote cardiovascular wellness is to manage your blood pressure. Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States.

Fortunately, high blood pressure—also known as hypertension—is treatable and preventable.

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range. The **Centers for Disease Control and Prevention (CDC)** recommends these healthy habits:

Eat a Healthy Diet

Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables.

Talk with your health care team about eating a variety of foods rich in potassium, fiber, and protein and lower in salt (sodium) and saturated fat. For many people, making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.

Maintain a Healthy Weight

Obesity increases a person's risk for high blood pressure. Talk with your health care team about ways to reach a

healthy weight, including choosing healthy foods and getting regular physical activity.

Be Physically Active

Physical activity can help keep you at a healthy weight and lower your blood pressure. It's recommended that adults get at least two hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week. That's about 30 minutes a day, five days a week. Children and adolescents should get one hour of physical activity every day.

Do Not Smoke

Smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

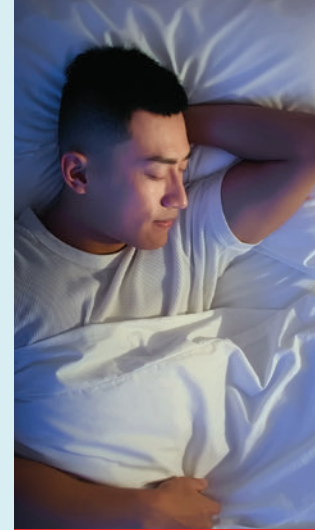
Limit How Much Alcohol You Drink

Overconsumption of alcohol can raise your blood pressure. According to CDC guidelines, men should have no more than two alcoholic drinks per day, and women should have no more than one alcoholic drink per day. Visit the CDC's Alcohol and Public Health website for more information.

Get Enough Sleep

Getting enough sleep is important to your overall health, and enough sleep is part of keeping your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure, and stroke.

Be heart healthy: get your blood pressure checked regularly and take action to control your blood pressure if it is high. For additional information about heart disease and stroke prevention visit <https://www.cdc.gov/dhbsp>.



The City of Sunrise Leisure Services Department offers a variety of programs and amenities that can help you stay active and boost your health—from walking trails and outdoor fitness stations to Athletic Club memberships and wellness lectures. For additional information, visit www.sunrisefl.gov or call (954) 747-4600.