

MEALS FOR A **HEALTHY HEART**

There is
no cost to
attend!

Join for heart
healthy recipes,
cooking demos,
and tastings!

Planning, shopping, and cooking for someone with heart disease can be challenging. Join Registered Dietitian Jenna Smith for a free two-part series for anyone interested in preventing or managing heart disease.

Chestnut Family Health Center
702 West Chestnut Street, Bloomington, IL 61701
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Tuesday & Thursday, May 7 and 9 | Noon to 1 pm

To register for this workshop, visit
go.illinois.edu/LMWevents or call 309-663-8306.

For more information, please contact Jenna Smith, Nutrition and Wellness Educator at 309-663-8306 or jessmith6@illinois.edu



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If you need reasonable accommodation to participate in this program, please contact us.
Early requests are strongly encouraged to allow sufficient time for meeting your access needs.