

University of Illinois
Extension Presents:

Meals for a Healthy Heart Series

When:

10 a.m. – 12 p.m.
Saturday, Mar. 30 &
Saturday, Apr. 6

Where:

El Paso District Library
149 W. First Street
El Paso, IL 61738

Cost: \$15/person
\$30/couple

(Food, Supplies, Handouts)



Join University of Illinois Extension
Nutrition & Wellness Educator &
Registered Dietitian,
Jenna Smith

Meals for a Healthy Heart will actively teach you how to plan, shop, and cook to help manage or prevent heart disease. Not only will you receive a collection of heart-healthy recipes, you will learn how to modify your favorite family recipes to make them healthier without giving up on taste.



*This two part series includes food demonstrations and two full meals!
You'll also take home a binder filled with information!*



**To Register, visit us at go.illinois.edu/RegisterLMW or
contact the McLean County Extension Office
at (309) 663-8306**

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COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

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If you need a reasonable accommodation to participate in this program, please contact us.