

# Heart Smart Living



cooking demonstration

Mark your calendar! Come by any of the locations to see a healthy cooking demonstration and sample a delicious recipe.

### *While you're there:*

- *Learn Healthy Cooking Tips*
- *Learn tips on budgeting for groceries*
- *Learn about becoming more physically active*
- *Sample a delicious, healthy recipe*
- *Win door prizes*

### **WHEN/WHERE**

#### **Massac, Alexander, and Pulaski Counties:**

November 2: **McBride Housing Authority** 5pm-6pm

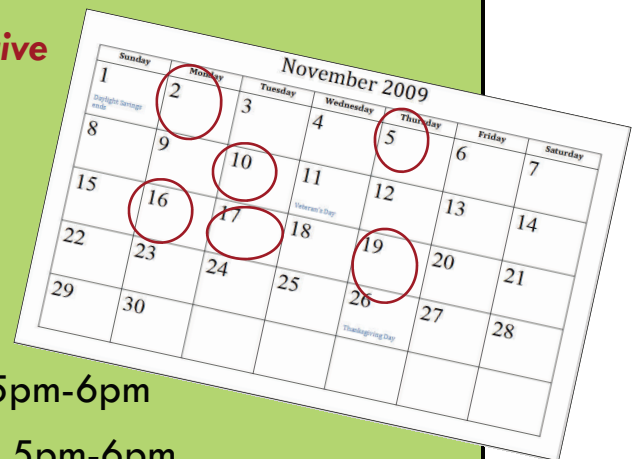
November 5: **Elmwood Housing Authority** 5pm-6pm

November 10: **Massac Housing Authority** 4pm-5pm

November 16: **Metropolis Cancer Corner (Library)** 5pm-6pm

November 17: **Mounds Cancer Corner (Library)** 5pm-6pm

November 19: **Cairo Cancer Corner (Library)** 5pm-6pm



Presented by:



For questions or more information:  
**1-800-698-4820 ext. 177**