

# 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**

**Union, Johnson, Pope, Hardin Counties:**

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

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

November 12: **Golconda Housing Authority 5pm-6pm**

November 12: **Anna Housing Authority 5pm-6pm**

Presented by:



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