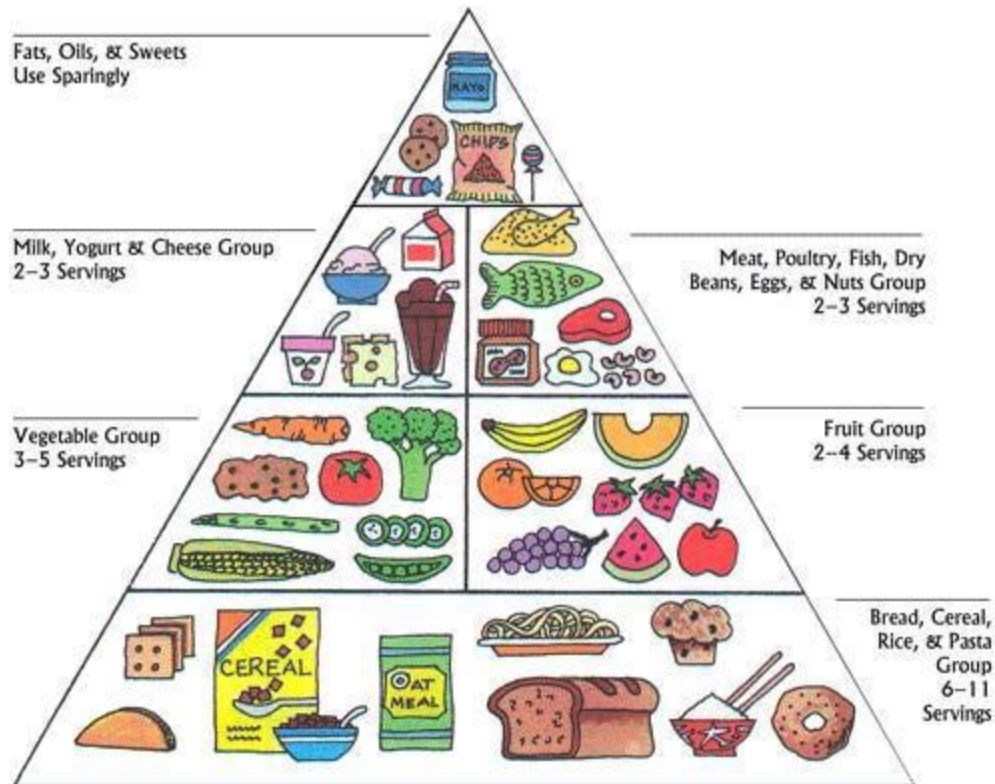


Regal/Lakeside Medical Presents...

February Cooking Class



Good Foods for your Circulatory System

Eating for a healthy heart means filling your plate with fruits and **vegetables**, paying attention to fiber, **eating fish** a couple times a week and limiting unhealthy fats like saturated and trans fats, as well as **salt**. And although no single food is a cure-all, certain foods have been shown to improve your heart health.

Learn how easy it is to eat healthy!!
Where: ONEgeneration Senior Enrichment Center
Monday, February 23, 2017 10am to 11:30am

