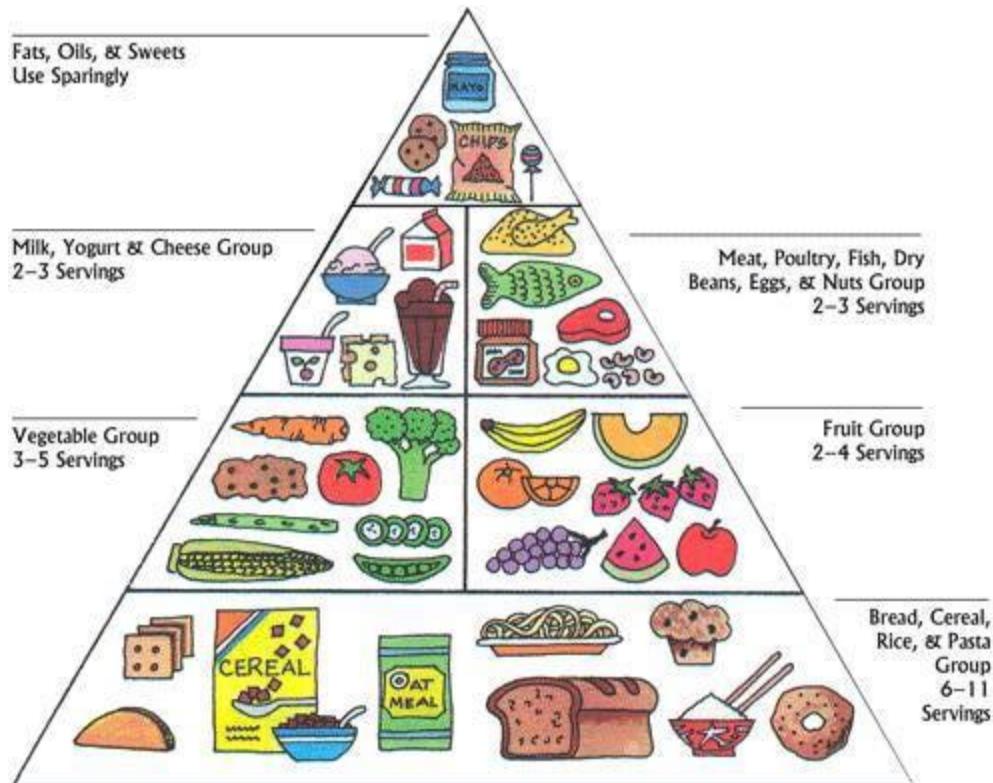


# Regal/Lakeside Medical Presents...

## 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**

