

# Heart Healthy Cooking: Tips in the Kitchen & Supermarket



At the heart of a healthy lifestyle is good nutrition. Making smart food choices can help reduce your risk of heart disease and stroke. The good news is, eating right doesn't have to be hard or require a special diet. **Renowned local Chef John Cannon** will teach you how to cook a healthy meal at home for you and your family. Plus, take advantage of the opportunity to talk to a licensed, registered dietitian! This is open to anyone interested in healthy cooking. Come alone or bring your friends to learn how to prepare a heart healthy meal and then stay and enjoy the food!

## Menu

### Healthy Holiday Recipes

**When:** November 29th

**Time:** 5:30 - 7:30 PM

**Location:** University of Massachusetts, Shaw Building  
419 Belmont Street  
Worcester, MA 01605

**Cost:** \$25

**Make your reservation today by contacting  
Blair Young at 508-499-6266 or [blair.young@heart.org](mailto:blair.young@heart.org)**



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