



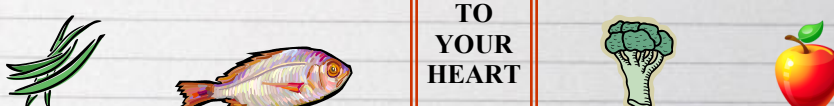
HEART HEALTHY LUNCHEON

Wednesday, February 10, 2010
Health Ed Room
12 o'clock noon to 1 p.m.

Recipe Dish: _____ Serves: _____

Prepare your favorite low-fat recipe and join us for lunch!
For recipe ideas see the assortment of low-fat cookbooks in Elaine McDonald's cubicle.

BE
KIND
TO
YOUR
HEART



You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- By controlling your blood pressure
- By lowering your cholesterol
- DON'T smoke
- Through regular exercise

