

Heart Healthy Cooking



Thursday, February 18th at 5:30pm



Make a Meal for your Sweet HEART!



Join Professional Chef and MATC Culinary Instructor CJ Frost for some tasty ways to treat your heart right! Learn what foods to avoid and enjoy to make your heart happy. Dr. Heeren will provide a brief introduction and healthy samples will be served so you get a sweetheart's taste test. There is no charge for this presentation but we have limited space, so: Please call 608-742-1300 to reserve your spot!

Proudly presented by:



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