

THURSDAY
FEB 22
5 - 7 PM

Heart Health & Home COOKING DEMO



 proudly sponsored by:
Auxiliary

Join us for a **FREE** event dedicated to your heart health! Discover the secrets of the DASH (Dietary Approaches to Stop Hypertension) Diet and learn how to create delicious, heart healthy, meals at home.

DASH DIET INSIGHTS:

Unlock the power of the DASH Diet as we guide you through its principles. Learn how simple dietary changes can make a big impact on your health.

COOKING DEMONSTRATION:

Experience a live cooking demonstration where we'll showcase a heart-healthy recipe and give practical tips on modifying your favorite recipes for a heart-healthy twist.

TASTY SAMPLES:

Indulge your taste buds with complimentary samples and discover how delicious heart-healthy eating can be.

FREE BLOOD PRESSURE CHECKS:

Take charge of your health with a free blood pressure check and have your questions ready, as knowledge is key in your journey to health.

LOCATION:
**Jefferson County
Health Center**
Conference Room C
2000 South Main Street
Fairfield, IA

Space is limited,
**RESERVE YOUR
SEAT** or call for more
information:

641.469.4275



 **Jefferson County
Health Center**

*Care you can count on, **it's what we do!***