



UNIVERSITY OF ILLINOIS
EXTENSION
investing in your health



Gibson Area Hospital
 & Health Services

Celebrate American Heart Month with “Meals for a Healthy Heart”

Attend our “Meals for a Healthy Heart” series!

In two educational sessions, you’ll learn:

- ◆ Diet and exercise needs for heart disease
- ◆ Ways to choose and prepare healthy foods
- ◆ How to make healthy choices at restaurants

... and much more!



Each session includes cooking demonstrations and sampling!

Classes will be taught by Leia Kedem, Registered Dietitian and Extension Educator.

Space is limited!

**Advance registration is required by
 2/24/2014**

Program is FREE!

Register at [http://
 web.extension.illinois.edu/cfiv](http://web.extension.illinois.edu/cfiv)

or call 217-333-7672

February 26 and March 5

2:00-4:00 p.m.

Moyer District Library

618 S. Sangamon Ave.

Gibson City, Illinois 60936

Questions? Call 217-333-7672

University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation, please contact your local office.

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