



# HEART & SOUL

## HEART HEALTHY NUTRITION CLASSES

**LOCATION: QUECHAN SENIOR NUTRITION CENTER,  
472 QUECHAN DR, WINTERHAVEN, CA 92283**

### CLASSES

**1** Introduction to Heart  
Healthy Eating:  
Carbohydrates and Fats

**DATE: THURSDAY, FEBRUARY 6**  
**TIME: 9:30AM-11:30AM**

**2** Savor the Flavor of  
Heart Health

**DATE: THURSDAY, FEBRUARY 20**  
**TIME: 9:30AM-11:30AM**

### AT EACH CLASS

 Gain Insights into  
Heart-Healthy Eating

 Learn New Skills to  
Promote Heart Health

 Watch Live Cooking  
Demonstrations and  
Sample Delicious Food

 Free Health Screenings  
(Blood Pressure, Heart  
and Lung Sounds)

**FOR ADDITIONAL INFORMATION, PLEASE CONTACT  
MELISSA MILLS AT 928-977-2645**

**BROUGHT TO YOU BY:**



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