



Nourish Your Heart

JOIN US TO LEARN TIPS AND TRICKS FOR MAKING HEALTHY EATING SIMPLE AND DELICIOUS!

FEEDING YOUR HEART: HEALTHY FATS

Healthy fats add flavor, texture, and help with nutrient absorption. Come learn which fats are heart-healthy and which to avoid.

April 17, 2024 @ West Wyandotte Library

SHAKE OFF THE EXCESS SODIUM

Decreasing your sodium intake is one of the best things you can do for your heart! Come learn which foods are high in sodium and which are heart-healthy.

March 20, 2024 @ Wyandotte Extension Office

COOKING WITH HERBS & SPICES

Healthy cooking can be quick, easy, and fun. Come learn healthy cooking skills to enhance flavor without added salt.

May 15, 2024 @ West Wyandotte Library

HEART-SMART EATING WHEN YOU ARE OUT & ABOUT

Making heart-healthy choices when you can't cook at home can be a challenge. Come learn how to make healthier choices when eating out.

June 13, 2024 @ West Wyandotte Library

MONTHLY NUTRITION EDUCATION WORKSHOPS NEAR YOU!

**WORKSHOPS ARE FREE, MUST REGISTER TO ATTEND.
TO REGISTER, VISIT:**



QUESTIONS?