

Women Take Heart Take Action!

Dish: _____ **Recipe** Serves: _____

For Healthy Living

Healthy Eating Presentation

Angela Hollett

Public Health Dietitian

“Nutrition and You”

Heart Healthy
Cooking Demo

Fernande Vezeau

Good News Café

“Tips for Healthy Cooking”

Free Step Counter
for each
participant

Free
Walk This Way
Kits

FREE

ADMISSION

Pre-register by calling
the Heart & Stroke
Foundation
623-1118

Your Host: Vivian Johnston, Nurse Practitioner

Italian Cultural Centre

Thursday, February 23, 2006

132 S. Algoma Street

6:15 p.m. Registration and Exhibits

6:45 p.m. Start

