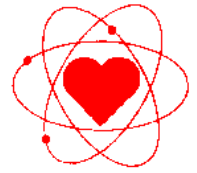




Los Alamos Heart Council a United Way Agency
Los Alamos Cooperative Extension Service



Present

HEART HEALTHY EATING COOKING & LIVING

A Cooking School Designed to Teach the
Necessary Skills for a Heart Healthy Lifestyle



Tuesdays & Thursdays

June 2, 4, 9, 11

4:30 p.m. to 7:30 p.m.

\$30.00 fee

United Church of Los Alamos
Graves Hall
2525 Canyon Road, Los Alamos

Class 1 – June 2 – The TLC Diet and Risk Factors

Class 2 – June 4 – More Flavor, Less Fat & Sodium

Class 3 – June 9 – Whole Grains and a Rainbow on Your Plate

Class 4 – June 11 – Phyto-Power: Cholesterol-Lowering Foods

Classes are designed to offer information on managing cholesterol, triglycerides, glucose and blood pressure and allow for hands-on cooking experience in making different food entrees

Class Instructors

Marta Gentry Munger, MPH, RD, Dietitian, LANL

Paula Roybal Sánchez, CFCS, Home Economist, Los Alamos Cooperative Extension

You'll Learn:

- ◇ How to plan heart-healthy meals
- ◇ How to reduce fat and sodium without cutting taste
- ◇ How to choose tasty and healthful carbohydrates

You'll Also:

- ◇ Receive a pedometer & logs
- ◇ Receive recipe books
- ◇ Prepare healthy recipes & taste foods

Each class is different and builds on the previous session. You'll want to attend all four classes



If you are a person in need of special services, call 662-2656 two (2) weeks before program

**Call Los Alamos Cooperative Extension Service
662-2656 for information and to register**

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