

COOKING WELL FOR HEALTHY BLOOD PRESSURE

A cooking school designed to help those concerned about high blood pressure and anyone who prepares meals for them.

Sessions include: *DASHing through the Snow to Improved Health, A Virtual Holiday Grocery Store Tour and Spicing up your Holiday Meals with Herbs.*

Make Your Holidays Better!

**Come Join us for 3 Classes to help you with Healthy Blood Pressure!
Cooking Demonstrations with each class! Lots of recipes, helpful hints, and
giveaways!
No Charge for the Class**

**When: Tuesday, November 27, 2018 at 10:00am
Tuesday, December 4, 2018 at 10:00am
Tuesday, December 11, 2018 at 10:00am**

Special prizes for those who attend all three classes!

**Location: River of Life Community Center
300 N. Dallas
Kemp, TX 75143**



For more information:
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Are you ready to explore the new flavors of heart-healthy meals? Sign up today!