Are you eating "heart healthy"?

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|  | Registration Number: 608-392-9717 |
| Date: | 02/11/2016 - 02/11/2016 |
| Schedule Info: | 6:00 p.m. to 7:30 p.m. |
| Cost: | No charge |
| Description: | Join Registered Dietitian Paula Przywojski to learn how eating a heart healthy diet can reduce your risk of heart disease, the leading cause of death for men and women. Przywojski will answer common questions, including:* What about eggs and butter?
* What foods can I eat more of?
* Are nuts and coconut oil the cure?

Samples of heart healthy soup will be provided along with other recipe ideas. |
| Location: | Marycrest Auditorium, 2nd floor of the Mayo Clininc Health Systems Hospital Building700 West Avenue South, La Crosse |