

Simple Cooking with Heart



Cradock Middle School - Portsmouth

Every Tuesday 6pm to 8pm, February 19 - March 19

- Free, open to the public
- Hands on heart healthy cooking
- Free gift for attending
- Free groceries to take home
- Building confidence in cooking skills
- Budget friendly meals, lead by 2 trained chefs

REGISTRATION REQUIRED. To register for a class, contact MeShall Hills at **757-628-2607** or **meshall.hills@heart.org**.

Program focuses on cooking low fat low sodium, HIGH FLAVOR food!



life is why™

