

Nutrition Series HSHS St. Joseph's Hospital's NEW

Registered Dietitian hosts the Winter Series

Week 1: The Facts on Fat and Sodium Identifying fat types which lower the rate of cardiovascular disease and those which increase the risk of cardiovascular disease. January 30

Week 2: Cut Added Sugars, Sip Smarter Learn the recommended daily limit for added sugars and where added sugars most often come from. *February* 6



Week 3: Learn About Super-Foods So-called "superfoods" alone won't make you healthier, but adding these nutritious foods to an already balanced diet provides health benefits. February 13

Week 4: Cooking Demo Cooking heart-healthy recipes for American Heart Month. February 20

Please contact Kayla Barnes, Registered Dietitian, at: 618-526-5336 for more information and to register. The series will be held in the HSHS St. Joseph's Hospital Sullivan Room, from 6 - 7 p.m.

Note: inclement weather may cause class to be re-scheduled. If Highland School is cancelled, the class will be cancelled. Cancellation will also be listed on local news channels

stjosephshighland.org/



Accessories Boutique Where your purchase has a purpose!



Βουτις με

1611 Veterans Ave • Vandalia (beside Midland States Bank) (618) 431-2106

OPENING FEB. 2nd 120 S. Second • Greenville