



American
Heart
Association®

Eat Smart For The Holidays

Monday, November 16th at 6 pm

Cooking Demo

Zoom Webinar



Join us for an
interactive cooking
demo and
discussion featuring
Chef Alaina as we try
tasty holiday dishes

that will keep you healthy and fit.

Please bring a friend or a neighbor along!

Click [Here](#) to Join the Webinar:

<https://tinyurl.com/y43n4tm3>

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