

WHO will benefit from the workshops:

- Anyone interested in healthy affordable eating
- Anyone with heart disease
- Has a family member with heart disease
- Those who want to improve the way they eat
- Those looking to improve their cooking techniques

Each workshop will focus on cooking and eating to improve your cardiovascular health and how to incorporate healthy choices into your lifestyle.

The SERIES will include information on:

- Risk factors of heart disease
- The benefits of fruits and vegetables
- Adding fibre to your daily diet
- Using healthy fats
- Cooking tips and techniques
- Recipes
- Activity plans
- Community Resources

The classes are SPONSORED by:

Heart Niagara

Green Shield

Pure Press Grape Seed Oil

SaladMaster Waterless Cookware

Cookware Health Clubb



\$10.00 per workshop

\$35.00 for four workshops

All food prepared will be served onsite

Call to register TODAY!

905-358-5552

or email info@heartniagara.com



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Those who want to improve the way they eat, but don't know how, can get help from Heart Niagara.

The workshops will cover topics to increase fruits and vegetables into daily menus, adding fibre, choosing healthy fats, and healthy aging and active living.

The workshops discuss ways to reduce the risk of osteoporosis, some forms of cancer and heart disease.



Each lesson will have a spin on heart healthy eating and how to incorporate heart healthy eating into your lifestyle.

Classes are \$10.00 or \$35.00 for a series of four workshops

SERIES ONE

Wheatberry Salad
Sunny Chicken
Spaghetti Squash with Herbs
Apple Walnut Crumble

Sweet Potato
Pan baked Sole
Rice Pilaf
Banana Bread

Apple & Celery Salad
Fearless Fried Chicken
Israeli Couscous
Poached Pear with Caramel Sauce

Perfect Salad
Vegetarian Chili
Jalapeño Cornbread
Tofu Chocolate Cake

SERIES TWO

Tomato Bruschetta Bread
Grilled Chicken and Roasted Vegetables
Very Berry Sorbet
Lentil Cookies



Quick Energy Bar
Parmesan Herb Baked Fish Fillets
Wild Rice and Kernel Corn
Lemon Mousse

Chili Chick Peas Couscous
Hot & Spicy Turkey Burgers
Sweet Potato Fries
Tofu chocolate Cake



Potato Skins
Baked Eggplant Italiano
Greens with Creamy Italian dressing
Peach Blueberry Crisp

Improving your blood pressure and cholesterol

Choose healthy fats in your diet to keep your heart healthy

Be active and make sure to eat enough fibre everyday

Age with style. Buy foods that will be keep you healthy

*Note: These are examples of recipes in the series, food samples may vary.
Notify administration prior to classes of any food allergies*