



American Heart Association &
Wake County Human Services—
Health Promotion Chronic Disease
Prevention Section invite you to celebrate
February as Heart Month with...

simple *cooking* with heart™

Date: February 28, 2012

Time: 6:00 PM - 8:00 PM

Location: Wake County
Commons Building
4011 Cary Drive
Raleigh, NC 27610

Come for this FREE food preparation
and taste testing demonstration to learn
simple ways to eat healthier.

Door Prizes ~ Nutrition Activities ~
Movement Sessions ~ Food Samples

Space is limited!

RSVP to Elizabeth Spender-Smith by
February 15, 2012.

Elizabeth.spendersmith@wakegov.com
or 919-250-3990

