

Join us to learn how to prepare heart healthy foods!

FOOD DEMONSTRATION

February 15, 2017 | 12:10 – 12:55pm



LOCATION:

HSS Wellness Center
1145 Market Street, 1st Floor
San Francisco, CA 94103
(415) 554-0643

HOSTED BY: DPW, HSS, MOD, & RET Champions

February is Heart Health month. To promote heart health and to help encourage healthy choices in eating better, we're bringing a Chef onsite! Come to the Heart Healthy food demonstration and learn what types of foods you can eat and how to prepare it to reduce your risk of heart disease and stroke. *Samples will be provided.*

Space is limited.

RSVP at: <https://sfhssfooddemo.eventbrite.com>