

# Smart Cooking for Better Health



Good nutrition is key to maintaining health and wellness for everyone. It becomes even more important for someone experiencing a chronic health condition.

**Smart Cooking** classes are designed to assist you with menus and cooking techniques to help you manage your health. You will watch food preparation, receive nutrition tips and enjoy sampling the recipes. Whether you have diabetes or heart disease, or just want to eat healthier . . . join us for Smart Cooking.

February 27: Protein  
 March 26: Carbs & Fiber  
 April 30: Trimming the Fat  
 May 28: Calcium  
 (and other vitamins & minerals)

The class is offered twice on each date:

4:00-5:00pm  
 6:00-7:00pm

Location: Hamot Heart Institute  
 120 East 2nd Street, Erie

Instructor: Jill Brooks, RD  
 Registered Dietitian and  
 Certified Diabetes Educator

Cost: **\$5.00 Per Class**  
 (pay as you go, must register)

**\$15.00 for Series of 4 Classes**

Receive free recipe booklet.  
 (Pre-registered and pre-paid. Please  
 make arrangements for payment when  
 calling to register.)

Participants who complete  
 all 4 classes will receive a  
free recipe booklet.

Space is limited, so registration is required! Please call (814) 877-2123.