



American Heart Association®

Simple Cooking with Heart®

Durham County Grandfamilies – Are you interested in learning how to cook healthier meals at home?

Learn new cooking skills, nutrition, blood pressure and money saving tips, spend quality time together & prepare a heart healthy meal for your family.

4 Thursdays: March 4th – March 25th

5:30-7:00 PM

virtual, no-cost class

Details

- ✓ Must be able to attend all sessions
- ✓ 12 Durham county households will receive all recipe ingredients each week
- ✓ Requires access to a computer, tablet or phone that is connected to Wifi

Register to attend at: <https://www.eventbrite.com/e/simple-cooking-with-heart-for-grandfamilies-registration-140519570819>

Triangle Life is Why Sponsor



Duke Heart