



# Live Cooking Demo Webinar!

## EATING FOR HEART HEALTH

Tuesday, February 15 at 12 noon MT

Did you know that one of the heart-healthiest foods is oats? Join **April Jackson**, Good Measures Registered Dietitian, for a cooking demo that features oats in comfort food. If you love oats or think you don't like oats, this webinar is for you! April will also talk about foods that promote heart health and reduce heart disease risk.



**WHEN:** Tuesday, February 15 at 12 noon MT

**TO SIGN UP:** [https://phs-org-corp.zoom.us/webinar/register/WN\\_uA6bPqZITwqFR2Vcu68ZZw](https://phs-org-corp.zoom.us/webinar/register/WN_uA6bPqZITwqFR2Vcu68ZZw)

