



Heart Healthy Eating

Free, One-Hour Course

Menu Planning • Cooking Demonstration

Tips on Heart Healthy Dining Out

Tuesday, January 31

10:00 a.m. to 11:00 a.m.

**Riverview Medical Center
Lower Level Conference Center**

Instructor: Liz Mocadlo, R.D.

Registered Dietitian with Riverview Medical Center

Riverview

MEDICAL CENTER

www.riverviewmedical.org

Advance Registration

Requested • Call

715-421-7500