

# HEART

# HEALTHY

# QUICK MEALS

# WORKSHOP

## WHEN

**February 20th, 2014**  
**5:30pm**

## WHERE

**Creek County Literacy Program**  
**Library Annex**

15 N Poplar, Sapulpa

**TOPICS INCLUDE • Live Cooking Demonstration • Recipes**  
**Foods for a Strong Healthy Heart • Foods that May Increase**  
**the Risk of Heart Disease, Heart Attack, Stroke • Q & A**

[Facebook.com/CreekCountyLiteracyProgram](https://www.facebook.com/CreekCountyLiteracyProgram)

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**FREE WORKSHOP**  
**FOR ALL AGES**

**PRESENTED BY**  
**Creek County/OSU Extension**  
**Creek County Literacy Program**

**LIVE COOKING**  
**DEMONSTRATION**  
**Sample the dishes prepared!**  
**Free Recipes!**

**BUT WAIT**  
**THERE'S MORE**  
**Light Refreshments**  
**Free books for kids**  
**Door prizes**

**TO REGISTER**  
**918-224-9647**

