



American Heart Month:

Healthy Cooking, Healthy Heart

Celebrate American Heart Month with our three part series program by Dr. Andrea Valdez and Texas A&M Agrilife Extension. Discover heart-healthy choices, get nutritious recipes, and learn to make flavorful, low-sodium meals. Join us for a vital intervention in preventing heart disease!

SATURDAY
FEB.3RD | **DASH Diet**
2:00PM

SATURDAY
FEB.10TH | **Virtual Shopping**
2:00PM

SATURDAY
FEB.17TH | **Cooking with
Herbs & Spices**
2:00PM

MAIN LIBRARY

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