

# HEALTHY HEART HEALTHY YOU!



**EVERY TUESDAY  
& THURSDAY AT 5:30 P.M.  
March 14-30, 2017**

Wednesday, March 8, 2017– Add more Omega 3 fat can add years to your life. Cooking Demo 5:30

**Education Days: Thursday 5:30 pm**

March 14, 2017: Stress Relieving Techniques

March 21, 2017: Hypertension—Silent Killer

March 28, 2017: Diabetes and Energy Drinks

**Walking Days: Thursday 5:30 pm**

March 16: Wolf Trail (North Sandy Springs)

March 23: 2016: Bear Trail (South Sandy Springs)

March 30: Bear Trail (South Sandy Springs)

**TUESDAY 5:30  
AT THE  
ZUNI HEALTHY  
LIFESTYLES  
KITCHEN**

Learn how making small changes can help increase your life. Great support.

## Zuni Healthy Lifestyles Program

For more Information:

Tara Wolfe 505-782-2299

**NUTRITION**