



GLOBALLY INSPIRED HEART HEALTHY COOKING

**When: Friday at 12pm
Class Dates: 9/16, 9/30,
10/14, 10/28**

Where: 911 Parsons Ave

Globally Inspired Heart Healthy Cooking

In this four-part series you will learn about food staples such as rice, beans, corn, potatoes, and chicken that are used in many cuisines around the world. We'll explore heart-healthy ways to prepare these items so you can celebrate the flavors of the world. Each class will include a demonstration and tasting.

OSU Extension is proud to implement this Healthy for Life Community program, an initiative led by Aramark and the American Heart Association. Healthy for Life® is a registered trademark of Aramark.