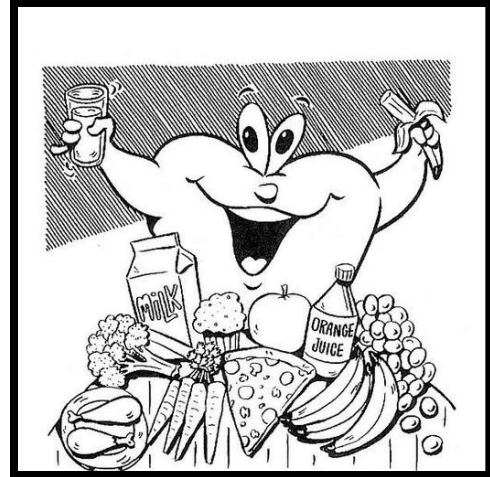


Eat Healthy and Stay Healthy

-HEART DISEASE-

“Our health always seems much more valuable after we lose it.”



Date: **March 13, 2010**

Time: **6:00 pm**

Place: Morgan County Courthouse Auditorium

Cost: **\$2** (\$1 if you pay 24 hours prior to class)

RSVP: **Morgan USU Extension (801) 829-3472**

Heart disease continues to be the #1 cause of premature death for both men and women in the United States. We'll share some simple suggestions for lowering cholesterol and saturated fats in your cooking.

You'll also be able to sample some great low-fat recipes!



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