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Marathon County UW-Extension-(MCC)  
Wausau WI 54403  
Phone: 715-261-1231  
<http://marathon.uwex.edu>



## HEART HEALTHY HOLIDAY COOKING TIPS

**THIS PROGRAM WILL BE OFFERED  
TWO TIMES:**

- **THURSDAY, NOVEMBER 12, 2009  
FROM 10:30-12:30 PM**
- **THURSDAY, NOVEMBER 12, 2009  
FROM 6-8 PM**

**LOCATION: 212 RIVER DR,  
ROOM 5, WAUSAU**



# HEART HEALTHY HOLIDAY COOKING TIPS



Low fat cooking is an important part of a heart healthy diet. Low fat cooking is healthy for the whole family. Many recipes can easily be changed to decrease the amount of fat, cholesterol, and sodium—and still taste great!!!!

Join us for a fun and tasty afternoon of taste testing some “Heart Healthy Holiday Recipes”. Also, learn how to take some old family favorites and make them a little healthier.

Do you have a favorite recipe you would like to make healthier? Bring it along. We will see what we can do.

Interested persons must send in registration form and payment by Friday, November 6, 2009.

## PROGRAM DETAILS

This program will be offered twice:

\* **THURSDAY, NOVEMBER 12, 2009  
FROM 10:30-12:30 PM**

\* **THURSDAY, NOVEMBER 12, 2009  
FROM 6-8 PM**

**PROGRAMS WILL BE HELD AT 212  
RIVER DR, ROOM 5, WAUSAU**

**Questions? Call 715-261-1231**

This program will be presented by Jackie Carattini, Family Living Educator, Marathon County UW-Extension.

This program is sponsored by Marathon County UW-Extension and Marathon County Association for Home and Community Education

## **REGISTRATION FORM—# 5150**

**Please register me for  
HEART HEALTHY HOLIDAY  
COOKING TIPS**

- Thursday, November 12  
–10:30-12:30 pm or**
- Thursday, November 12  
-6-8 pm**

Name(s)\_\_\_\_\_

Address\_\_\_\_\_

City, State, Zip\_\_\_\_\_

Phone\_\_\_\_\_

- Enclosed is payment of \$3 per person. Checks payable to UW-Extension. Pre-registration required by Friday, November 6.

No confirmation will be sent.

To register, complete Registration Form and mail with payment to:

**UW-Extension**

**Attn: HEART HEALTHY  
HOLIDAY COOKING TIPS**

**212 River Dr, Ste 3**

**Wausau WI 54403**