



Locally sponsored by:



# Go Red for a Healthy Family

You're invited to join the Go Red For Women Campaign and the Healthy Way to Grow program for an evening of Heart-Healthy education and fun!



## Nutrition/Cooking Demo

*Learn how to make a easy American Heart Association family recipe!  
Samples will be provided.*

Spanish interpreter services, prizes, free food and child care will be available!

November 15th

5:00pm-6:45pm

Laredo Child Development Center

Please RSVP to Stephanie Snyder  
at 303.801.4667 or

[Stephanie.Snyder@heart.org](mailto:Stephanie.Snyder@heart.org)

or sign up at the front desk of your local  
Child Development Center

