

Discovering

WHOLE GRAINS

Thursday, May 13, 2010

6:00 pm

RiverPlex Recreation & Wellness Center – 1st Floor Classrooms

600 NE Water Street Peoria

Speakers:

6:00 – OSF Saint Francis Dietetic Interns

7:00 – Stroke Basics, an Update on Prevention – Maureen Mathews, APN, CNP, CNRN

**Come learn about the health benefits of eating whole grains
and try some healthy, whole grain recipes!**

A light meal will be provided.

*Registration is required by May 7, 2010. Call Marilyn Priddy, MA, RD, LDN
at 309-282-1637 or email marilyn.b.priddy@osfhealthcare.org.*

Space is limited.

