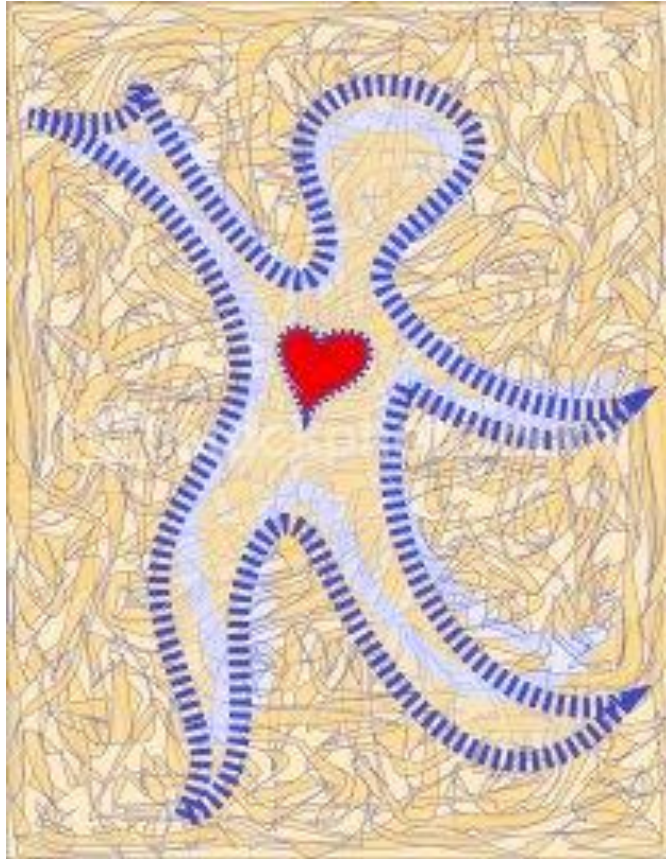


A Heart Healthy Way to Joyous Living



Location: Good Shepherd Catholic Church, cafeteria

Date and Time: Sept. 2, 9, 16, 23, 30 and Oct. 7, 2010 6-8 PM

Class size is limited to 20, so please register by Aug. 26

**To register and for additional information, please contact:
Kristi Wahl, RN, parish nurse at 477-5405**

The \$30.00 fee includes all materials and dinner each class.