

# HEALTHY EATING FOR A HEALTHY HEART

## Nutrition Program at the Union Branch Library

Monday, March 29  
6:30pm—7:30pm

**308 Hawthorne Dr.  
Union, MO 63084  
636-583-3224**



Come to this program to hear Darla Martin, licensed dietician and certified diabetes educator from St. John's Mercy Hospital speak about heart healthy eating. A lecture for adults will be held in the library meeting room, while a story time for children will take place in the library. The last 1/2 hour of the night will be "hands-on" when kids and adults join together to create a heart healthy snack to eat. Whether young or old, there is something for everyone at this event!

*Learn more about...*

**Portion control**

**How much to exercise**

**Fat content in foods**

**Healthy eating habits**

*This Scenic Regional Library program is free and open to the public.*