Heart Healthy Cooking Demo & Luncheon

Join HBA RTP for a demo and luncheon with a UNC REX Chef James in the cooking kitchen. Come meet other HBA members and have a delightful luncheon while learning heart-healthy best practices through a cooking demonstration at UNC REX Hospital's cooking kitchen:

1. Heart healthy cooking tips
2. Preparing a healthy lunch to take to work using:
   - Ingredients that enable energy
   - Afternoon snacks to to fuel continued performance

Agenda

11:30 - 12:00	Registration & Networking
12:00 - 1:00	Cooking demo, lunch and Q&A with Chef James and a Heart and Vascular dietician

Date & time:

Thursday, Juy 25, 2019
11:30AM -1:00PM EST

Location:

UNC Rex Heart & Vascular Hospital, 4200 Lake Boone Trail

Event contact:

RHONDA SOWARDS: 919-717-2038

RHONDA.SOWARDS@COVANCE.COM

Cost:

Member $30
Guest $45
Registration Deadline: 7/19/2019

Registration:

http://bit.ly/19RTP0725

Event sponsor

REX HEALTHCARE FOUNDATION

Special instructions: Using the 2800 Blue Ridge Road address will place you closest to the hosptal entrance. A parking garage to the left of the entrance is available for this event.