

the sweet spot

FEBRUARY 2012

# STILL DISPLAYING

## YOUR HOLIDAY WEIGHT?

Don't worry, you're not alone! In this month's **FREE** class we'll learn about the sensible way for **DIABETICS** to lose weight after the holidays while keeping your blood sugar on track.

*With all these choices,*  
**WHO NEEDS**

# SALT!

FEBRUARY 2012

**Healthy Heart Club**

**FEBRUARY 2012**  
IN THIS MONTH'S **FREE** CLASS WE'LL DISCOVER SIMPLE AND EASY WAYS TO COOK FOODS THAT CAN LOWER YOUR CHOLESTEROL AND BLOOD PRESSURE WHILE STILL TASTING GREAT.

Sponsored by



Thursday, February 9th  
Sweet Spot class with Sandy Sinnes 6-7PM  
Healthy Heart Club with Joe Cammack 7-8PM

Port Angeles Senior Center  
Classes open to all ages.