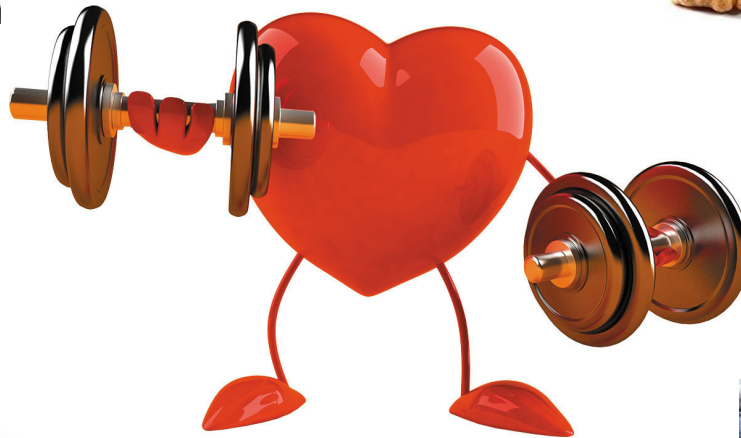


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Heart Healthy Cooking



Join us on Friday May 22nd at 12 noon for a cooking demonstration by Registered Dietitian Debbie Griswold, plus samples and recipes. Learn about ways to enjoy food while keeping your heart healthy.

Please RSVP to the Rotterdam Senior Center by **Wednesday, May 20th.**

Building Strong and Vibrant New York Communities

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