

Hearty Heart Dinner

Join us in prepping a recipe that will keep the beat. Keep your steak and eat it too by pairing it with heart healthy omega 3 dense walnuts and avocados. This herby avocado steak salad is packed with delicious flavors that you'll want to share with loved ones to promote longevity.

Thursday, February 22
Noon – 1 p.m.

Register Here

Can't make it? That's okay!

Register anyway and we'll send you the recording after the show and to be entered in a raffle for a free cook!

Questions? Contact wellness@phs.org



**Herby avocado
steak salad with
browned walnuts**