

# *“Recipes for Wellness” Program*

*Join us at St Mary of Redford for monthly Saturday workshops that includes sharing healthy recipes, trying tasty dishes and receiving information for better health from medical professionals.*

**February 9, 2019 from 12 – 2 pm**

Our first informational meeting will include health screening (blood pressure check, etc) and overview of monthly meetings.

*The free meetings will be the 2<sup>nd</sup> Saturday of the month from 12:00 – 2:00 pm*

So, make plans to participate, sample and collect healthy tasting recipes that you and your family can enjoy as you eat your way to lower blood pressure, lower cholesterol, controlled blood sugar and hear from the medical professionals, how you can maintain better health.

Please call the church to enroll at  
(313) 273-1100 or email

[devdirector@stmarysofredford.com](mailto:devdirector@stmarysofredford.com)

Medical contributions by the St Mary  
Mercy Medical Residency Program

