



**Effingham Public Library**  
200 N. Third St. | Effingham, Illinois 62401  
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## **PRESS RELEASE**

Date: Tuesday, Jan. 14, 2020

For further information contact Catherine Bailey

### **Heart Healthy Cooking at the Suzette Brumleve Memorial Effingham Public Library**

The Suzette Brumleve Memorial Effingham Public Library is pleased to partner with University of Illinois Extension Nutrition and Wellness Educator, Mary Liz Wright, to bring heart healthy cooking with five ingredients or less to the library, Monday, Feb. 24 at 6 p.m. in the Workman Room.

Attend Heart Healthy Cooking to learn how to lower your risk of heart disease or fight existing disease while preparing healthy meals in just 30 minutes with five ingredients or less.

Go online to [effinghamlibrary.org](http://effinghamlibrary.org) or call 217-342-2464 x. 1 to register to attend this free event.

For more information, contact Catherine Bailey, Programming Outreach Manager at 217-342-2464 or [catherine@effinghamlibrary.org](mailto:catherine@effinghamlibrary.org).

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