February is Heart Health month! The wellness committee challenges you to find ways to decrease your risk of heart disease and recommit to better heart health.

**February Wellness Opportunity!**

February 20 – Taste testing for heart health. Try a small bowl of steel cut oats topped with a variety of heart healthy toppings! Learn why it is good for your heart. In the lunchroom at the GSC and Court House starting at 8:45-10:30 – while supplies last!

If you are at a location where you cannot attend this taste test, you may request a small bag of steel cut oats and recipe so you can make it yourself!

**To Your Good Health!**

*The Wellness Committee*

Otter Tail County