

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