

CHECK. CHANGE. CONTROL. EMPOWERMENT SERIES

# MAKE LIFE SWEET

FEATURING A COOKING DEMONSTRATION

**September 26<sup>th</sup>, 2017 | 6PM – 8 PM**

**Second Ebenezer Church (Chapel)**

**14601 Dequindre Street | Detroit, MI 48212**

### During this session:

- Learn life-saving information about how YOU can eat better.
- Learn why drinking fewer sugar-sweetened beverages is better for your body.
- Dinner will be served to feed your healthy heart.
- Giveaways and treats for those who attend and participate.

Registration is Required! [www.heart.org/checkchangecontrols](http://www.heart.org/checkchangecontrols)

Questions: Contact Felicia Foster, Check. Change. **Control.** Coordinator via email at:  
[\*\*myheart@secondebenezer.org\*\*](mailto:myheart@secondebenezer.org)

**Don't miss the other sessions:**

**October 10th, October 24th, November 28th, and December 5th**

Not Registered as a Check. Change. **Control.**

Participant, yet? Sign up today, Visit

[\*\*www.ccctracker.com\*\*](http://www.ccctracker.com)

Click on “**Create an Account,**” and use

**Campaign Code SEbe1**



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