



American
Heart
Association.

Cooking with Heart *with*

Jan
JAN D'ATRI

for Active Adults



Join Jan D'Atri and her Momma for a FREE cooking class specifically designed for those 55+! Jan is an Emmy-winning household name in Phoenix for both her 40-year career in television and her many culinary endeavors, such as her cookbooks, including her book "Momma & Me & You". Meet Jan and Momma in the kitchen and learn how to cook with heart!

Date: Tuesday, April 20, 2021

Jan's Perfect Chicken Soup

*Plus, tips on how to add root vegetables
to your meals!*

Start Time: 12:00 PM

End Time: 12:45 PM

[Register Here!](#)

Date: Tuesday, May 18, 2021

Jan's Chickpea and Raisin Salad

*Plus, tips on how to enjoy produce that often
get bypassed, like jicama and exotic fruits!*

Start Time: 12:00 PM

End Time: 12:45 PM

[Register Here!](#)

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