



and **HyVee** EMPLOYEE OWNED present:

# Cooking with the *Cardiologist* *Eating Bright for Heart Health*

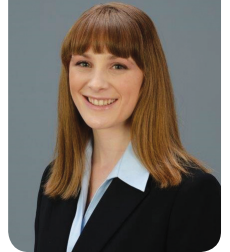
Join Bryan Heart cardiologists and a Hy-Vee registered dietitian to learn how to prepare heart-healthy and brightly colored foods. Learn why colors are so important for a nutrient-rich diet. Recipes and generous food samples will be provided. Payment is required with registration.

Register today because these sessions sell out fast!  
\$12 per person.

**Menu includes:**  
Watermelon Herb Salad,  
Massaged Kale Salad,  
Salmon Sliders  
and Caramel Dip  
with Honeycrisp Apples.

**Tuesday, September 23 6:30 p.m.**

**Matthew Johnson, MD**  
along with **Alyssa Krejci, RD**  
*Location:* Hy-Vee, 70th & Pioneers  
*To register:* Call 402-489-4244  
or e-mail akrejci@hy-vee.com



**Tuesday, September 23 6:30 p.m.**

**Joseph Kummer, MD**  
along with **Whitney Reist, RD**  
*Location:* Hy-Vee, 40th & Old Cheney  
*To register:* Call 402-421-2462  
or e-mail wreist@hy-vee.com



**Wednesday, September 24 6:30 p.m.**

**Michael Kutayli, MD**  
along with **Karen Kuzma, RD**  
*Location:* Hy-Vee, 50th & O Streets  
*To register:* Call 402-314-6704  
or e-mail kkuzma@hy-vee.com



**Thursday, September 25 6:30 p.m.**

**Ryan Whitney, MD**  
along with **Becky Guittar, RD**  
*Location:* Hy-Vee, 84th & Holdrege  
*To register:* Call 402-467-5505  
or e-mail bguittar@hy-vee.com



**Thursday, September 25 6:30 p.m.**

**Scott Coatsworth, MD**  
along with **Travis Lucas, RD**  
*Location:* Hy-Vee, 27th & Superior  
*To register:* Call 402-477-4764  
or e-mail tlucas@hy-vee.com

