

SERIES  
4

## Live Cooking Demo

Join us to learn a heart-friendly recipe that doesn't compromise on flavor!

**Instructors:** Darrell Wade & Tracy Severson, RD



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Darrell Wade founded Black Men's Wellness, a community-based initiative that addresses health concerns commonly affecting Black and African-American men, including high blood pressure, heart disease, obesity, anxiety, and more.



Tracy is the dietitian for the Center for Preventive Cardiology (CPC) at OHSU's Knight Cardiovascular Institute. She provides nutrition counseling and manages a cooking program called the Heart Protection Kitchen that brings chefs, physicians, and other healthcare providers into the kitchen to teach patients how to cook heart-healthy meals.

## NEXT EVENT

### APRIL 11TH, 6:00PM

[YOUTUBE.COM/@FEEDTHEMASS/STREAMS](https://www.youtube.com/@FEEDTHEMASS/STREAMS)



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and Health Promotion



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