

Healthy Heart Fair

Friday, February 15, 10 am–2 pm

Join us for food samples, health screenings, and lots of information for a heart-healthy lifestyle.



Location: American Legion
126 N. Main
McCloud, OK

11:00 a.m. Cooking demo with Jason the Native Chef
1:00 p.m. Fitness demonstration
1:30 p.m. Crafts for kids



McCloud Public Library

133 North Main | McCloud, Oklahoma 74851 | 405-788-4132 |
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HEALTHY KIDS PRESCHOOL STORY TIME

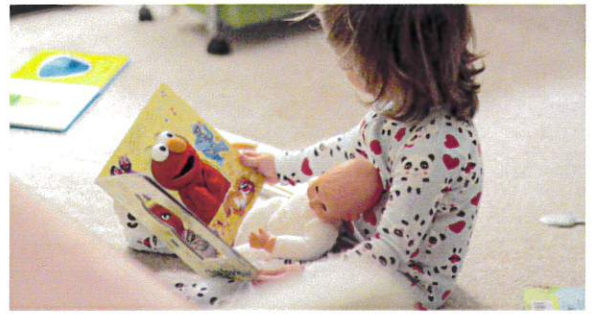
Tuesday, January 29 at 11 am
Registration Required

Join us for this fun, interactive story time as we educate and encourage you and your preschool-aged children to make healthy food and activity choices.

This program is funded through the Oklahoma Department of Libraries with a federal grant from the Institute of Museum and Library Services. Sponsors also include program materials "Growing Strong Bodies & Minds" by the Oklahoma State University Extension Office and Oklahoma State Department of Health WIC Office.



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HEALTHY KIDS PRESCHOOL STORY TIME

Tuesday at 11 am
Feb. 19, March 19, April 16,
May 21 and June 18
Registration Required

Join us for this fun, interactive story time as we educate and encourage you and your preschool-aged children to make healthy food and activity choices.

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Adult Heart Healthy Cooking School

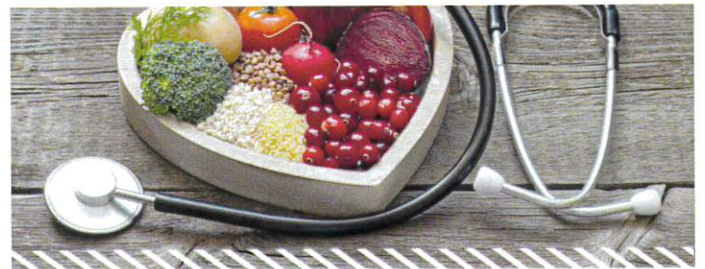
Part 1: Saturday at 11 am, Feb. 2
Part 2: Saturday at 11 am, Feb. 23

Adults will learn basic recipes to fit into a heart healthy meal plan. Learn ways to make healthy eating easy and delicious. Registration is required.

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Teen Healthy Cooking School

Part 1: Wednesday at 4 pm, Feb. 13
Part 2: Wednesday at 4 pm, Feb. 27

Teens, learn hands-on how to follow recipes, identify portion sizes, and safe food handling. Registration is required.

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