



February Specials

Heart Healthy HMR Multigrain cereal is on special this month \$5 off per box

(one-time use only – cannot combine with other discounts-offer good only at Weight Management center/CFHL)



Valentines week February 12 -16

ALL HMR chocolate shakes 25 percent off

(one-time use only – cannot combine with other discounts-offer good only at Weight Management center/CFHL)



5:30 pm • Monday, February 12

SBL Center for Healthy Living Conference Room

Join us for a **FREE** program featuring soups, slow cooker recipes and tips for making heart healthy meals.

Limited seating available; RSVP by Feb. 9
Call (217) 238-4893 or email kadams@sblhs.org