

**MEDIA ADVISORY/PHOTO OPPORTUNITY**

**COOK FOR YOUR HEARTS CONTENT**

**Free Healthy Cooking Demonstration Hosted by Redlands Community Hospital and Dream Dinners Feb. 18**

**WHAT:** Redlands Community Hospital will host an interactive free cooking demonstration teaching participants how to cook healthy without sacrificing taste. This fun cooking session will also educate participants how to cook delicious food according to the Hope Heart Institute's healthy heart recipes.

“We are excited to partner with Redland's Community Hospital for this important event,” says Rebecca Mugiishi, owner, Dream Dinners. “Dream Dinners is about home and community, family and friends. That's why we strive to do our part to make the life we share a little better. This goes beyond helping to bring families around the dinner table. It includes working with organizations to raise money for families and children in need.”

Space is limited so sign up now for the free cooking demonstration. Call for reservations (909) 335- 5574

**PHOTO:** Redlands residents cooking together and taking an active role towards a healthy lifestyle by preparing healthy meals for their families.

**WHERE:** Dream Dinners Tri-City center  
1404 Industrial Park Avenue  
Redlands, CA 92374

**WHEN:** Wednesday, February 18, 2009 3 p.m., 5 p.m. or 7 p.m.

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