*There is no pre-class email for this class, since it’s Class #2 in the Heart Health series.*

Thank you for joining us for the *Eating for* *Heart Health* virtual class.

If you have not already done so, please fill out an evaluation so that we can continue to improve our services: <https://www.surveymonkey.com/r/TSDP8RW>

Attached are four (4) documents which contain the following:

* The slides for today’s class
* Benefits and sources of dietary fibre
* Reducing sodium intake
* How to balance a meal and how to make-over a recipe into a healthier version

Thank you for your participation in this class. We look forward to working with you again.