



## Living, Loving, Local



Featuring this month's star ingredient

## Beets

Packed with nutrients and vibrant color, beets are a powerhouse root vegetable full of vitamins, minerals, and antioxidants.

**Location: The Heritage Dining Room**

**Time: 4:30 - 6:00 p.m.**

**Date: Friday, February 7th**

**THE HERITAGE**  
RETIREMENT RESIDENCE