

FOR IMMEDIATE RELEASE

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Trinity Dietitians to Cook Up Healthy Recipes

(MINOT, ND)—Trinity Health’s Community Education Department will celebrate American Heart Month with a free healthy cooking demonstration Tuesday, February 16. The session will get underway at 6:30 p.m. in the Skyline Room on the 6th floor of Health Center-East, 20 Burdick Expressway West.

Michelle Hoppman, LRD, CDE, clinical nutrition manager, and members of the Clinical Nutrition Team at Trinity Hospitals, will demonstrate ways to adopt a “heart smart” approach to meal preparation.

“This will be a demonstration and tasting,” Hoppman explained. “We’ll offer tips on how to eat healthier in every area of life, how to make heart smart substitutions and prepare healthy meals in minutes. We also hope to touch on gluten-free recipes and products.”

A Minot native, Hoppman earned a Bachelor of Science degree in food, nutrition and dietetics from North Dakota State University. She served as county dietitian in Manteo, NC, for six years for joining Trinity Health.

Registration for the event is requested by calling Trinity’s Community Education Department at 857-5099.