



# EAT WELL, LIVE WELL

**Who says good health can't be delicious?**



Combining its mission of caring for the community with the region's culinary passions, St. Tammany Health System is teaming with Healthier Northshore to launch "Eat Well, Live Well," a series of free cooking demonstrations by local chefs using produce from our community garden located on the Safe Haven Campus in Mandeville.

**What:** Chef Jeff Mattia of Pyre BBQ restaurant in Mandeville leads the next cooking demonstration in Healthier Northshore's Eat Well, Live Well series, featuring local chefs creating delicious meals using produce straight from the garden. This session is dedicated especially to U.S. Veterans. All participants will receive a box of ingredients to recreate their meal at home, thanks to a generous sponsorship through Stone Creek Club and Spa.

**When:** 11 a.m. Monday, January 8, 2024

**Where:** Samaritan Center, 402 Girod Street, Mandeville

**Details:** The event is free but space is limited, so registration is recommended by emailing Anne Pablovich at [apablovich@stph.org](mailto:apablovich@stph.org).

For more details about the initiative go to [HealthierNorthshore.health](https://HealthierNorthshore.health)

