



# The Next Chapter

The Next Chapter is a social support and educational program, helping widows and widowers adjust to the loss of their loved one. Through this program, Tooele County Aging Services hopes to reinforce a sense of belonging in our community in those who are grieving. Each month, join others who are on the same page as you and begin a new chapter in your life story. For details or to ask questions, please call Sarah at 435-277-2440.

**TUES**  
**12**  
**FEB**

## ***Heart Healthy Cooking***

**6:00 pm - 7:30 pm**

**Tooele County Health Dept. Bldg. Auditorium  
151 N. Main Street, Tooele**

Join in a discussion about heart healthy eating. Then we'll concoct some simple hands-on recipes and enjoy sampling the healthy snacks. Presented by Sarah Patino with the Utah State University Extension Food Sense program.

## ***Spring into Action***

**11:00 am – 12:00 pm**

**Tooele County Health Dept. Bldg. Room 180  
151 N. Main Street, Tooele**

Come lend a hand helping fill eggs with treats. Those in need will find an unexpected surprise hidden in their April food bank order. All the supplies for this service project will be provided.

**TUES**  
**26**  
**MAR**

**THURS**  
**25**  
**APR**

## ***Adventure in Our Own Backyard***

**11:00 am - 12:15 pm**

**at the Utah Fire Museum Located in the Desert Peak Complex  
2930 West Highway 112, Grantsville**

When did you last visit one of our local points of interest? Join us for a tour of the Utah Fire Museum with firefighter Dave Hammond. The museum houses vintage trucks, equipment, photos, memorabilia and more that capture the history, danger, demands and rewards of the firefighting profession in Utah.