

Be Heart Smart

PROGRAM

OPEN TO THE PUBLIC

Your heart is the hardest working muscle in your body; join us as we explore how it works and how to keep it in top shape!

WHEN

March 9, 16, 23 & 30, 2018

2:30-3:30 PM

WHERE

Clark's Crossing, Community Room

300 N. 6th Street Vincennes, IN 47591

THE *BE HEART SMART* PROGRAM IS FOR ANYONE WHO WANTS TO REDUCE THEIR RISK FOR HEART DISEASE. LEARN HOW TO MONITOR YOUR RISK FACTORS FOR HEART DISEASE AND MAKE SIMPLE CHANGES TO YOUR DAILY ROUTINE THAT WILL IMPROVE YOUR HEART HEALTH. THIS PROGRAM IS FOUR 1-HOUR LESSONS TAUGHT BY A PURDUE EXTENSION EDUCATOR. PLEASE PLAN TO ATTEND ALL FOUR LESSONS TO GET THE MOST BENEFIT FROM THIS PROGRAM!

WWW.EXTENSION.PURDUE.EDU/KNOX

JOIN THE CLASS!

LESSON 1

KNOW YOUR RISKS

LESSON 2

KNOW YOUR NUMBERS

LESSON 3

HEART HEALTHY COOKING (TASTE TESTING!)

LESSON 4

TAKING ACTION

The class is **free** but registration is required to ensure supplies.

Register by March 7, 2018 by contacting Tonya Short,

Extension Educator
Purdue Extension-
Knox County

812-882-3509

short43@purdue.edu

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