

Saint Mary's Heart Health

Learn About Your Risk Factors.

Has your doctor had a conversation with you about reducing your cholesterol or blood pressure? If so, this might be just the class for you.

This program includes an overview of risk factors for heart disease. The discussion will also cover seven steps to a healthy heart and management of blood pressure and cholesterol. Good nutrition is an essential component for a healthy heart. Information will be provided on the different types of fat, label reading, dining out and cooking. No discussion of heart health would be complete without fitness tips and goal setting for physical activity.

CALL 775.770.7100 TO REGISTER



Cost is \$10 for HealthFirst members, Health Choice members, Saint Mary's employees and volunteers; \$20 for the community.

Reservations are required.
Call 775.770.7100 to register.

If you would like to get started on your lifestyle change before the next class series, or if you are interested in setting up a worksite class series, call 775.770.6210.



Saint Mary's Health Plans

A member of CHW

The 2009 Heart Healthy Class Schedule

Thursdays

January 8

12 p.m. - 1 p.m.

February 12

6 p.m. - 7 p.m.

March 12

12 p.m. - 1 p.m.

April 9

6 p.m. - 7 p.m.

Location

Saint Mary's Health Plans
1510 Meadow Wood Lane
Reno, NV