



Free Heart-Healthy Nutrition Classes for 2012

In this series of 3 classes (once a month for 3 months), you will learn about:

- ♥ *the different **types of fats** (saturated, trans, omega-3s, etc.), which foods they are in, and how they affect heart health
- ♥ *the importance of **fiber**, especially from fruits and vegetables
- ♥ *ways to cut **sodium** out of your meals
- ♥ *tips for **shopping** and **cooking**

In the first class of the series, the most vital nutrition principles will be presented. Also, a survey will be given so the **participants can decide** which topics are covered in our final two classes.

When: Every Third Wednesday of the month

Time: 5:15 to 6:15pm

1st series: Feb 15th, Mar 21st, Apr 18th, 2012

2nd series: May 16th, Jun 20th, Jul 18th, 2012

3rd series: Aug 15th, Sep 19th, Oct 17th, 2012

Where: Community Memorial Hospital, basement classroom (near ER side)

Given by: Heather Gilliam, Registered Dietitian

RSVP: to (805) 667-2818 at HEALTHaware

Cost: Complimentary to HEARTaware clients who bring HEARTaware discounted coupon with them. To become a HEARTaware participant, log onto www.cmhsheartaware.org to take the quiz. A cardiac clinician will call you for an appointment to receive the discounted coupon. If you are not a HEARTaware participant, CMH can bill your insurance or charge for a discounted cash fee. Family members can attend for free with the HEARTaware participant.