



Free Heart-Healthy Nutrition Classes!!

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

2nd series: May 20th, June 17th, July 15th

3rd series: Aug 19, Sept 16, Oct 21st* (this class only in hospital boardroom)

4th series: Nov 18th, Dec 16th, Jan 20

Where: CMH Training Center, 2809 Main St, VTA 93003 (park in back)

(Oct 21st class will be in CMH Boardroom, 8th floor in hospital)

Given by: Heather Gilliam, Registered Dietitian

RSVP: to (805) 667-2818 at HEARTAware

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.

