

PURDUE  
EXTENSION

# Be Heart Smart

PROGRAM



**Monday, February 1, 2016**  
**Kick Off Luncheon/Session 1**  
**Newton County Government Center**  
**12:00-12:50 p.m.**

**Sessions 2-4:**  
**February 8, 22, 29, 2016**  
**12:00-12:50 p.m. NCGC, Morocco**  
**4:30-5:20 p.m., Kentland Public Library**

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 DEB ARSENEAU, PURDUE EXTENSION EDUCATOR.

**[WWW.EXTENSION.PURDUE.EDU/NEWTON](http://WWW.EXTENSION.PURDUE.EDU/NEWTON)**

## JOIN THE CLASS!

**LESSON 1**  
**KNOW YOUR RISKS**

**LESSON 2**  
**KNOW YOUR  
NUMBERS**

**LESSON 3**  
**HEART HEALTHY  
COOKING**

**LESSON 4**  
**TAKING ACTION**

Register  
by January 25, 2016:  
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