

# 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**

**Wednesdays**

**January 29, February 5, 12 & 19, 2020  
6-7PM**

### **WHERE**

**Salvation Army**

**2300 N. 2nd St.**

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

## **JOIN THE CLASS!**

### **LESSON 1**

**KNOW YOUR RISKS**

### **LESSON 2**

**KNOW YOUR NUMBERS**

### **LESSON 3**

**HEART HEALTHY COOKING**

### **LESSON 4**

**TAKING ACTION**

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

Register by January 20, 2020 by contacting Tonya Short, Extension Educator Purdue Extension-Knox County 812-882-3509 [short43@purdue.edu](mailto:short43@purdue.edu) [Facebook.com/KnoxCounty/HHS](https://www.facebook.com/KnoxCounty/HHS)