

# Be Heart Smart

PROGRAM

## BE HEART SMART (4-PART SERIES)

Learn about controllable and uncontrollable risk factors for heart disease; BMI, blood pressure and cholesterol numbers; recommendations for heart-healthy eating and cooking substitutions; and benefits of physical activity and stress reduction. This 4-part series will be held on Friday, April 5th, 12th, 19th, and 26th at 10:00am at the Owls Club (2715 E. Jackson Blvd. Elkhart). Each session is 1 hour long and participants are encouraged to attend all four sessions. Owls Club is a private, community organization that exists to help aging adults in Elkhart County and surrounding communities thrive. Call the Owls Club at (574) 336-2652 to learn more and sign up for a free membership to register for upcoming programs including this program.

## NUTRITION FOR YOUNG CHILDREN

Have you heard of MyPlate before? This guideline is made for balancing your plate at every meal. Learn how to easily balance your child's plate during this program. Offered Tuesday, April 16th at 3:00pm at the Elkhart County Family Resource Center (612 E. Bristol St., Elkhart). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 1 hour.

## SLOW COOKER MEALS

Have you been looking for an easy way to put a meal together? Slow cookers allow for one step preparation by combining all your ingredients at one time to help save time and reduce cleanup. This program will teach you how to maximize your recipes with a slow cooker. Offered Tuesday, April 16th at 4:00pm at the Elkhart County Family Resource Center (612 E. Bristol St., Elkhart). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 1 hour.



**Purdue Extension Elkhart County**  
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**Goshen, IN 46528**  
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To RSVP or if you have questions, call [574-533-0554](tel:574-533-0554) or email [fink24@purdue.edu](mailto:fink24@purdue.edu) as space is limited. If you need a reasonable accommodation to participate in a program, please let us know when registering. All classes are free and in-person at the Extension Office on the Elkhart County 4-H Fairgrounds, unless noted otherwise with a fee, via Zoom, or at another location.



**Purdue Extension**  
**Elkhart County**

## SLEEP ON IT

Millions of Americans are failing to get the sleep their body needs. Learn what you can do to sleep well and be well with healthy sleep basics. Offered Wednesday, April 17th at 1:00pm at the Bristol Public Library (505 W Vistula St., Bristol). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 45 minutes.

## LEARNING TO RELAX

Conflict can and does occur in many people's professional and personal lives. Learn skills to handle everyday conflict in ways that lead to better health and healthier relationships. Offered Wednesday, April 17th at 1:45pm at the Bristol Public Library (505 W Vistula St., Bristol). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 45 minutes.

## FOOD BUDGETING & MEAL PLANNING

Whether you're cooking for yourself or a family of 8, food budgeting can be stressful. Learn tips and tricks on how to budget when grocery shopping. Offered Tuesday, April 30th at 6:00pm at Wakarusa Public Library (124 North Elkhart St. Wakarusa). To register, call the library at 574-862-2465. Duration: 1 hour.

## TIPS FOR A SUCCESSFUL DOCTOR'S APPOINTMENT

Sometimes finding the words to say and sharing vital information at a doctor's appointment can be easier said than done. Learn how to prepare for your next doctor's visit. Offered Wednesday, April 3rd at 3:00pm at the Elkhart County Family Resource Center (612 E. Bristol St., Elkhart). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 1 hour.

## APPS CAN SAVE YOU TIME & MONEY

Thousands of apps are created on a daily basis. Many of them can make our lives easier if we know how to utilize them. This program will take you through which apps are must-haves. Offered Tuesday, April 9th at 2:00pm at the Elkhart Public Library - Osolo Branch (3429 E. Bristol St., Elkhart). To register, call Jenn at (574) 533-0554 or email [fink24@purdue.edu](mailto:fink24@purdue.edu). Duration: 1 hour.

## COOKING SMALL

Many of us live alone or in a smaller household. Coming up with meal ideas and finding recipes can be a chore in itself. Learn how to master a few basic cooking skills, stock up on essential ingredients, and get creative in making meals that work specifically for you. Offered Thursday, April 18th at 1:00pm at the Purdue Extension Elkhart County office. To register, email [fink24@purdue.edu](mailto:fink24@purdue.edu) or call Jenn at (574) 533-0554. Duration: 1 hour.