



Extension
FLOYD COUNTY



JOIN THE CLASS!

LESSON 1

KNOW YOUR RISKS

LESSON 2

KNOW YOUR NUMBERS

LESSON 3

HEART HEALTHY COOKING

LESSON 4

TAKING ACTION

WHEN:

Wednesday Nights

July 31, August 7, 14, & 21, 2024

5:30 to 7:00 p.m.

WHERE:

Floyd County Family YMCA

33 State St.

New Albany, Indiana 47150

\$15.00 fee includes class materials and samples of food from cooking demos.

The Be Heart Smart Program is for persons who want to reduce their risk for heart disease through monitoring risk factors and making small changes in daily routines to improve their heart health. The program includes four 1 1/2 hour lessons of instruction, a cooking demonstration, and food tasting. Classes are taught by Janet Steffens, Health and Human Sciences Extension Educator.

Register by July 24, 2024

For more information please call or email
Purdue Extension Floyd County 812-948-5470
Janet Steffens
jsteffens@purdue.edu
extension.purdue.edu/floyd



Registration Form – Be Heart Smart

Name _____

Address _____

City, State, Zip _____

E-mail _____ Phone _____

Paid registration must be received by July 24, 2024 ~ Cash or check only.

\$15 check payable to: Purdue CES Ed Fund

Mail to: Purdue Extension, 3000 Technology Avenue, L2110, New Albany, IN 47150