

Be Heart Smart

PROGRAM

Be Heart Smart is a lecture-based program for individuals who want to learn more about preventing heart disease by making heart-healthy lifestyle changes. This program will teach participants how to monitor risk factors for heart disease and how to make simple changes to their daily routine that can improve their heart health. This program, comprised of four lessons, will be taught each week by Linda Curley, Extension Educator, Health and Human Sciences.

Lesson 1: Know Your Risks
Lesson 2: Know Your Numbers
Lesson 3: Heart Healthy Cooking
Lesson 4: Taking Action

Wednesdays in 2023

January 4, 11, 18, 25

11:00AM - 12:30PM

Purdue Extension-Lake Co.
2291 N. Main St.
Crown Point, IN 46307

\$15.00 per person for 4-lessons

Payable to: Purdue CES Ed Fund

Pre-registration required
first-come, first served
by 12/29/2022

If you are in need of reasonable accommodations to attend this program, please contact Linda Curley prior to the meeting at 219-755-3240 or lcurley@purdue.edu by December 12, 2022.

CONTACT US FOR MORE INFO



219-755-3240



lcurley@purdue.edu



Extension - Lake County