



Cholesterol Class 2009

Heart Healthy Living

What is this class?

A class to help you in making lifestyle changes to improve your cholesterol numbers and to lower your risk for heart disease.

To Register: *Call the HealthPartners Appointment Center 952-967-7616
(see 2009 class schedule on back)*

What will I learn in this class?

- How to assess your personal risk for heart disease.
- A better understanding of fats: saturated, polyunsaturated, monounsaturated, and trans
- Daily fat gram and other cholesterol lowering goals.
- How to read a food label.
- How to choose foods that will help you lower your cholesterol.

What resources will I receive to take home?

- Tips on increasing activity and managing stress.
- Tips on dining out, adding fiber, and low fat cooking.
- A resource sheet with book and web site recommendations.

A \$20.00 class fee is due at the time of the class.

SEE YOU IN CLASS!

Cholesterol Class Schedule 2009

HealthPartners Clinic	Clinic Location	Class Limit	Time	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apple Valley	Pennock Lane and 153 rd St. W.	15	8:30-10:30 AM 5:00-7:00 PM*				Wed 4/08*							Wed 11/11	
Bloomington	86 th Street W. and Nicollet Ave. S.	15	8:30-10:30 AM 3:00-5:00PM* 5:00-7:00 PM **		Thurs 2/05*		Thurs 4/30**		Thurs 6/18		Thurs 8/20**	Thurs 9/17**	Thurs 10/29		Thurs 12/03
Brooklyn Center	Brooklyn Boulevard and 69 th Avenue N.	18	8:30-10:30 AM 3:00-5:00 PM * 5:00-7:00 PM **		Wed 2/04		Thurs 4/16*	Thurs 5/21*	Wed 6/10**		Wed 8/05		Thurs 10/08*		Thurs 12/17*
Como	Highway 280 and Como Avenue	10	3:00-5:00PM 5:30 -7:30PM*		Mon 2/09		Mon 4/13*	Mon 5/04		Mon 7/13	Mon 8/17	Mon 9/14	Mon 10/12	Mon 11/16	
Coon Rapids	Highway 10 and Hanson Boulevard	15	8:30-10:30 AM 4:30-6:30 PM *	Tues 1/27		Tues 3/17		Tues 5/12*		Tues 7/14		Tues 9/15*		Tues 11/17	
Health Center for Women	2635 University Ave Suite 160, St. Paul	8	8:30-10:30 AM 3:00-5:00 PM *				Wed 4/22*		Wed 6/10		Wed 8/12*		Wed 10/21*		
HP Specialty Ctr.	401 Phalen Blvd. Saint Paul	10	9:00-11:00 AM 4:00-6:00 PM *		Tues 2/03			Tues 5/19*			Tues 8/18			Tues 11/3*	
Inver Grove Heights	I-494 and Highway 52	15	8:30-10:30AM 1:00-3:00 PM* 4:30-6:30 PM **		Tues 2/10**			Tues 5/05**	Fri 6/19		Fri 8/07*		Tues 10/06**		
Maplewood	White Bear Ave., So. of Highway 36	14	9:00-11:00 AM 3:00-5:00 PM *		Thurs 2/05		Thurs 4/02*		Fri 6/12*		Thurs 8/20		Fri 10/09		Fri 12/11*
Saint Paul	Plato Boulevard and Wabasha Street	10	8:30-10:30 AM 3:00-5:00 PM*		Mon 2/09		Mon 4/13*		Mon 6/08		Mon 8/10*		Mon 10/12		Mon 12/07
West	Highway 394 and Highway 100	15	9:00-11:00 AM 4:00-6:00 PM * 5:30-7:30 PM **	Tues 1/06		Tues 3/10**		Mon 5/11				Tues 9/08*		Tues 11/10*	
White Bear Lake	Highway 96 & S. Birch Lake Blvd.	15	3:00-5:00 PM 5:00-7:00 PM *	Wed 1/21*		Wed 3/18*		Wed 5/20		Wed 7/15*		Wed 9/16		Wed 11/18*	
Woodbury	Radio Drive and Seasons Parkway	15	8:00-10:00 AM 6:00-8:00 PM *	Tues 1/20		Tues 3/17*		Tues 5/19		Tues 7/21		Tues 9/15		Tues 11/17*	

Dates and times may be subject to change

* indicates later time