



## 2010 Cholesterol Class

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### *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.

#### 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?

- guidelines on increasing activity and managing stress
- tips on dining out, adding fiber and cooking low fat
- a resource sheet with book and web site recommendations

**To Register:** Call the HealthPartners Appointment Center at **952-967-7616**. A \$20 class fee is due at the time of the class. You are welcome to bring a guest at no additional charge.

*See the 2010 class schedule on the back.*

# 2010 Cholesterol Class Schedule

HealthPartners Clinic	Clinic Location	Time	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Arden Hills	3930 Northwoods Dr near 694 & Lexington	6–8 p.m.				Thu 4/1				Thu 8/5				
Bloomington	86 <sup>th</sup> Street West and Nicollet Ave S	9–11 a.m. 5:30–7:30 p.m.			Tue 3/16	Tue 4/13*	Tue 5/04	Tue 6/8*		Tue 8/10*		Tue 10/19		
Brooklyn Center	Brooklyn Blvd and 69 <sup>th</sup> Avenue North	8:30–10:30 a.m. 3–5 p.m.* 5:30–7:30 p.m.**			Wed 3/31**				Thu 6/3		Wed 9/22			Thu 12/16*
Como	Highway 280 and Como Avenue	3–5 p.m. 4:30–6:30 p.m.*		Mon 2/8		Mon 4/12*	Mon 5/10			Mon 8/9*		Mon 10/11	Mon 11/8	
Coon Rapids	Highway 10 and Hanson Blvd	8:30–10:30 a.m. 4:30–6:30 p.m.*			Tue 3/2*				Tue 6/15			Tue 10/19		Tue 12/7*
Inver Grove Heights	I-494 and Highway 52	4:30–6:30 p.m.			Wed 3/10		Wed 5/12						Wed 11/10	
Maplewood	White Bear Ave, south of Highway 36	9–11 a.m. 3–5 p.m.*		Thu 2/18		Fri 4/23*			Thu 6/3		Fri 8/13*		Thu 10/7	Fri 12/10*
RiverWay Andover	15245 Bluebird St W Andover	6–8 p.m.	Thu 1/7			Thu 4/1			Thu 7/8			Thu 10/7		
RiverWay Anoka	1833 - 2 <sup>nd</sup> Ave South Anoka	1 a.m.–12 p.m.		Fri 2/5			Fri 5/7			Fri 8/6			Fri 11/5	
RiverWay Elk River	530 - 3 <sup>rd</sup> St NW Elk River	3:30–5:30 p.m.			Tue 3/2				Tue 6/8		Tue 9/7			Tue 12/7
Saint Paul	Plato Boulevard and Wabasha Street	9–11 a.m. 3–5 p.m.*			Mon 3/1		Mon 5/3*					Mon 10/4	Tue 11/16*	
West	Highway 394 and Highway 100	5:15–7:15 p.m.			Tue 3/16		Tue 5/4				Tue 9/21		Tue 11/16	
White Bear Lake	Highway 96 and S Birch Lake Blvd	3–5 p.m. 5:30–7:30 p.m.*	Wed 1/20*		Wed 3/17		Wed 5/19*				Wed 9/15*		Wed 11/17	
Woodbury	Radio Drive and Seasons Parkway	6:30–8:30 p.m.			Tue 3/2		Tue 5/4		Tue 7/6		Tue 9/7		Tue 11/2	

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\* indicates later time