

2018 cholesterol class schedule for a healthy heart

DATE	CLINIC	ADDRESS	TIME
February 1 Thursday	Como	2500 Como Avenue	6–7:30 p.m.
April 5 Thursday	Como	2500 Como Avenue	6–7:30 p.m.
April 20 Friday	RiverWay Anoka	1833 – 2nd Avenue S	10–11:30 a.m.
August 16 Thursday	RiverWay Andover	15245 Bluebird St. NW	6–7:30 p.m.
October 4 Thursday	Como	2500 Como Avenue	6–7:30 p.m.
December 6 Thursday	Como	2500 Como Avenue	6–7:30 p.m.

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. Classes are taught by a registered dietitian nutritionist.

What is this class?

This 90-minute class will help you make lifestyle changes to improve your cholesterol numbers and to lower your risk for heart disease.

What will I learn?

You will ...

- assess your personal risk for heart disease
- achieve a better understanding of different types of fats
- set up daily fat gram and other cholesterol lowering goals
- understand how to read a food label
- 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
- recommendations for books and web sites

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