Healthy Heart Education Series

Education classes are held during the first 15-30 minutes of sessions on Wednesdays

Topics Include:

- Cardiac Risk Factor Management
- Heart Healthy Nutrition
- Relaxation Techniques/Stress Management
- Exercise – “The Wonder Drug”
- And more!

Goals of education sessions include:

- Counseling on ways to stabilize or reverse heart disease by improving risk factors
- Facilitate positive lifestyle changes
- Improve psychological well-being