



# The HEART Series

A Program by The Foundation for Cardiovascular Health

ASK A CARDIOLOGIST, ENJOY HEART-HEALTHY FOODS AND RECIPES, CHECK MEDICATIONS, MANAGE STRESS WITH TAI CHI AND YOGA PRACTICE., AND SOCIALIZE WITH A HEALTHY POT-LUCK LUNCH WEEKLY. THIS 12 WEEK PROGRAM FOCUSES ON STABLIZING AND REVERSING HEART DISEASE.



**Classes returning Fall 2019**

**YOU CAN PREVENT/REVERSE HEART DISEASE !**

**Get Moving**

**Know your numbers/lab work**

**Learn how to read food labels**

**Get 7-8 hours of restful sleep**

**Don't smoke and avoid second-hand smoke**

**Turn off the TV**

**Participate in a Community**

**Eat plant strong foods**

**Pursue quality time in peacefulness**

**Create your own program**

**For registration and information, call Ernie Perez, Program Coordinator at 530.309.2085**

ANOTHER HEALTH IMPROVEMENT PROGRAM BROUGHT TO YOU BY



**REGISTER TODAY!**