

Be Heart Smart



Celebrate American Heart Month 2012

For American Heart Month a variety of "Heart Health" activities have been planned. The activities are sponsored by the Parents as Teachers Program and the Hodgeman County Health Department to help you have the healthiest heart possible!

♥ Learn CPR ♥

Why Should I Learn CPR? Perhaps someone you love is suffering from heart disease. Maybe the nature of your job requires that you be prepared to handle medical emergencies. Or you may believe, as many people do, that knowing the skills of CPR simply makes you a more useful member of your community. *Whatever your reasons, it is important to remember that CPR can help save lives!*



CPR training will be offered at the Hodgeman County Grade School Library March 27th and 28th from 6:30 to 9:30 p.m. This training includes baby, child and adult CPR. Cost: \$10/person; \$15/couple; \$5/renewal (CPR renewals attend only the March 28th class). In addition, there will be a fee for the CPR book (couples may share a book). Anyone is welcome to enroll. Call the Hodgeman County Health Department at (620) 357-8736 to enroll. **Enrollments must be in by noon on Friday, March 23rd.**

♥ Know Your Number for a Healthy Heart ♥

♥ Free Cholesterol Screening During February and March ♥

The Hodgeman County Health Department is pleased to offer Free Cholesterol and Glucose Screening to the first 25 participants. You will receive a lipid profile and the opportunity to enroll in a class with a Registered Dietitian. Please call the Health Department at (620) 357-8736 for more information and to set up an appointment.



♥ Improve Your Diet for a Healthy Heart ♥



Mary Anne Shriwise, a Registered Dietitian, will be offering a free class with diet education and counseling to everyone who has their Cholesterol Screened. The class will be Tuesday, April 3rd from 5:30 to 6:30 in the Courthouse Meeting Room across from the Health Department. If a Cholesterol Screen has not been done by the Health Department, you are still welcome to join the class. **Must be enrolled by March 30th.** Please call the Health Dept for an appointment (357-8736).

♥ Exercise for a Healthy Heart ♥

Walking for 30 minutes 3-5 times per week improves your heart health. Take some active steps to a healthy heart..... **EXERCISE!!**

