

Did you know?

- Heart disease is the leading cause of death for women in the United States.
- Heart disease and stroke can also limit a woman's ability to do the everyday things that she is used to doing.

Take control of your heart health by joining the Strong Women-Healthy Hearts Program!

Bring a friend!



Take Control of Your Health-Join Today!

For more information about the Strong Women—Healthy Hearts Program or to register, contact:

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JOIN THE
**STRONG WOMEN –
HEALTHY HEARTS**
PROGRAM!



Improve Your Health...Have Fun!



The Strong Women - Healthy Hearts Program is a **fun, hands-on** way to make positive changes to help you eat better, move more, and improve your general health and well-being.

The team at Tufts University in Boston, Massachusetts, who brought strength-training programs to midlife and older women throughout the U.S., has developed an exercise and nutrition program designed to help women improve their heart health. At each session, participants participate in cardiovascular exercise and learn about heart healthy food preparation.

Strong Women - Healthy Hearts



Who should attend?

Women 40 years of age and older who have been mostly or completely inactive for the past few years and are interested in improving their health, vitality, and well-being.

Classes—what to expect

Classes meet twice per week for 12 weeks and focus on both nutrition and exercise.

Topics in nutrition include:

- Menu planning
- Portion control
- Healthy eating

Exercise will be low to moderate intensity and may consist of:

- Walking
- Dancing

Learn how to improve your:

- Cholesterol levels
- Blood pressure
- Weight

Strong Women - Healthy Hearts

Make a commitment to grow stronger, trimmer, and feel better about yourself too!

Classes will meet at the
Walworth County Government Center
100 West Walworth Street, Elkhorn

Informational Meeting (REQUIRED)
Friday, December 2, 2011 9:30-10:30 a.m.

Assessment Day
Wednesday, January 4, 2012 9:00-11:00 a.m.
(by appointment time)

Classes Held:
January 6—March 21, 2012
Wednesdays & Fridays 9:30-10:30 a.m.

To register, please call (262) 741-4962.
The cost for classes and all program materials is only \$25 for newcomers or \$20 for returners!
Payment plan available upon request.



Heart Healthy Recipe Prep and Tasting!