

Building Healthy Families Program

"Heart health: Learn the facts, decrease the risk":

A community-based education series, funded through a Department of Public Health Cardiovascular Disease Prevention Grant to promote heart health.

The "Building Healthy Families" program continues. Participation is **free**, thanks to the DPH Grant administered by the **Farmington Valley health district** and open to all families in the district. Pre-registration is **required** (return the bottom portion of this form) so we can have adequate food and materials.

Not sure if you or your family is at risk for developing heart disease?

Visit the American heart association www.americanheart.org to determine your risk factors.

Save the dates for this year's sessions

(Participants are asked to commit to attending all 4 sessions)

Monday, October 5th, 2009

Monday, November 2nd, 2009

Tuesday, February 9th, 2010

Monday, March 29th, 2010

All of the above sessions will be held at the **CANTON** Community Center, 40 Dyer Ave, Collinsville, multipurpose room, lower level, from **5:00-7:30pm**. A light meal is served and sessions are designed to promote family participation. You will participate in hands on activities related to cooking, recipes, menu planning, label reading, shopping, physical activities and healthy lifestyle choices.

Pre-Registration form below, for individuals or a families.

Need more information?

Call (860)930-3672 or email tmdotson@gmail.com

Teresa Dotson, RD, Program coordinator

Pre- Registration Form

Please list all participant names and total # of Adults and children

Name(s): _____

Number of Adults: _____ **Number of Children (under 18)** _____ **Total:** _____

List any allergies, diet restrictions or ethnic/cultural issues related to food:

Contact information:

Address: _____

Phone:(Home) _____ **(Work/cell)** _____

Email: _____ **Preferred Method of contact:** _____

Complete the form email to Teresa Dotson tmdotson@gmail.com or regular mail :

"Building Healthy Families" PO Box 206, Collinsville, CT 06022 by October 1st, 2009.

Do not write in the space below. Participants will be assigned a "code" to maintain confidentiality.

Assigned participant code(s): _____