

Discover FOOD, FITNESS AND FUN together as a family!

Building Healthy Families Program

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

A community-based education series to promote heart health.

Participation is **free**, thanks to a Dept of Public health Grant administered by the **Farmington Valley health district** and open to all families in the district. Pre-registration is **required** in order to have enough food and materials for all participants.

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

Visit 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 sessions are 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.

If you need more information and to PRE-register:

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

Teresa Dotson, RD, Program coordinator

Deadline to PRE-register is October 1st and program is limited to the first 50 participants