

Building Healthy Families Program

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

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

On November 16th, we will embark on a "Building Healthy Families" program. Participation is **free**, thanks to the DPH Cardiovascular Disease Prevention Grant; however pre-registration is **required** and a commitment to attend all 4 sessions is strongly encouraged.

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.

Want to learn more? Attend the "Open House" and Pre-registration session.

On Friday, November 16th, 2007, from 3:00-6:30 p.m. at the Community Center, Room F, stop by to learn more about the program, heart disease risk factors and participate in free health screenings (blood pressure, glucose, cholesterol). Registration is limited to the first 60 participants; don't miss this opportunity to pre-register in person. Complete the registration form below and bring it with you on November 16th or mail to "Building Healthy Families" PO Box 206, Collinsville, CT 06022.

All sessions will be held at the Community Center, multipurpose room, lower level, from 6:00-8:30pm. Dinner and "breakout" sessions will be included to promote family participation. A Registered Dietitian will teach the Nutrition Classes and guest speakers will present Fitness and lifestyle topics.

First Session: **Tuesday, November 27th, 2007**
Theme: Surviving the Holidays: Stay healthy during this time

Second Session: **Tuesday, January 15th, 2008**
Theme: Starting the Year Right!
Get back on track with an eating and activity plan for health

Third session: **Tuesday, February 5th, 2008**
Theme: Heart Health Month and "Go Red for Women"

Forth session: **Tuesday, March 4th, 2008**
Theme: National Nutrition Month "It's a Matter of FACT"

Participants may register as individuals or a family and incentives will be given to those who attend all four of the sessions and complete the pre and post evaluations.

Questions? Contact Teresa Dotson, RD (Program coordinator) tmdrd@sbcglobal.net

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: _____

Contact information:

Address: _____

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

Email: _____ Preferred Method of contact: _____

Complete the pre- registration form and return in person or mail to "Building Healthy Families" PO Box 206, Collinsville, CT 06022 **by November 16th**. Do not write in the space below. Participants will be assigned a "code" and given additional forms to complete:

Assigned participant code(s): _____