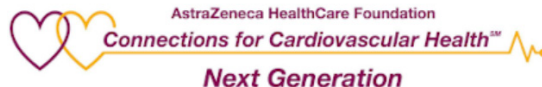




Healthy Eating | Active living | Reduce stress | Test your numbers



ATTENTION GARY, EAST CHICAGO, AND HAMMOND RESIDENTS!



AstraZeneca HealthCare Foundation
Connections for Cardiovascular Health™

Next Generation



Lake County's Community Foundation

WHAT IS THE H.E.A.R.T PROGRAM?

A **FREE** support program where Community Health Workers will communicate with clients to check their blood pressure, weight, body mass index and provide information on: health numbers, low sodium diets, moving more, eating healthier, proper rest, etc., as well as provide appropriate referrals and encourage participation in the "Eating Smart Being Active" classes.



Eating Smart, Being Active Classes – Sessions Include:

- Get Moving!
- Plan, Shop, \$ave
- Fruit & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Go Lean with Protein
- Build Strong Bones
- Make a Change
- Celebrate! Eat Smart and Be Active

Various participation incentives may be available and could include: gas cards, bus passes and more!



OUTCOMES

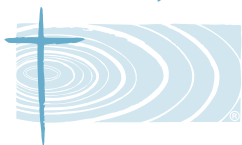
Clinical

- Improve Blood Pressure numbers
- Lower weight/BMI numbers
- Improve cholesterol numbers

Behavioral

- Increase servings of fruits/vegetables to minimum 2 per day
- Increase physical activity to minimum of 60 minutes per week
- Increase knowledge of cardiovascular risks
- Practice stress management minimum of 3 times per week

Poor Handmaids of Jesus Christ



Partners in the work of the Spirit

For more information contact Diane Daniels:

PHONE 219 844-2698 Ext. 116

FAX 219-844-2702

EMAIL ddaniels@hvusa.org

www.hvusa.org

HealthVisions Midwest, Inc.



HealthVisions Midwest is a 501(c)3 non-profit organization and is sponsored by the Poor Handmaids of Jesus Christ.