

**Here's How to Register for  
Meals for a Healthy Heart**

**Date** February 26 and March 5 **Time** 2-4 p.m.

**Location** Moyer District Library  
618 S. Sangamon Ave., Gibson City

**Register by February 24!**

1) online at:  
<http://web.extension.illinois.edu/cfiv>  
(no need to fill anything out below)

2) By mail:

Name \_\_\_\_\_

\_\_\_\_\_

Street Address

\_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail \_\_\_\_\_

Yes, sign me up!

Yes, sign me up for registration as a couple (1 set of materials.)

Send registration form to:

**U of I Extension**

and send to:

801 N. Country Fair Dr., Suite D  
Champaign, IL 61821

3) By phone: Call 217-333-7672



University of Illinois Extension, Unit 13  
Serving Champaign, Ford, Iroquois,  
and Vermilion Counties

801 N. Country Fair Dr.,  
Suite D  
Champaign, IL 61821

Phone: 217-333-7672  
Fax: 217-333-7683  
E-mail: [lweston2@illinois.edu](mailto:lweston2@illinois.edu)

University of Illinois • U.S. Department of Agriculture •  
Local Extension Councils Cooperating  
University of Illinois Extension provides equal  
opportunities in programs and employment  
If you need a reasonable accommodation to participate, please  
call: 217.333.7672

# Meals for a Healthy Heart

*A Wellness Program Sponsored By:  
University of Illinois Extension  
Gibson Area Hospital and Health Services*



**A two-part series  
February 26 and March 5, 2-4 p.m.**

**Tel: 217-333-7672**

**e-mail: [lweston2@illinois.edu](mailto:lweston2@illinois.edu)**

# Meals for a Healthy Heart

**Dates:** February 26 and March 4

**Time:** 2:00-4:00 p.m.

**Location:** Moyer District Library

618 S. Sangamon Ave.  
Gibson City, IL

**Cost:**  
*FREE!*

Questions?  
Contact Leia Kedem at:  
Phone: 217-333-7672  
Email: [lweston2@illinois.edu](mailto:lweston2@illinois.edu)

Planning, shopping and cooking for someone with heart disease can be a real challenge.

To help meet this challenge, University of Illinois Extension and Gibson City Hospital & Health Services will be offering the program, **Meals for a Healthy Heart**.

The program is a two-part series of two hour sessions designed for anyone interested in preventing or managing heart disease.

In each session, participants receive recipes, watch cooking demonstrations, taste foods to meet their dietary needs, and learn about proper diet and exercise to better care for their health.

**Meals for a Healthy Heart** aims to improve your overall wellbeing. The program is meant to compliment the recommendations of your health care provider and to help you and/or your loved one manage heart disease.

Coronary heart disease (CHD) is the number one cause of death in the United States and a leading cause of serious disability.

**Meals for a Healthy Heart** is a two-part series focuses on increasing participant awareness of the risk factors of CHD: hypertension, high blood cholesterol, and other warning signs.

The series focuses on heart healthy foods, menu planning, healthy eating away from home, omega 3/ fish, dietary fiber, antioxidants, etc.

Provided at each session...

1. Activity levels and weight management information on keeping your heart in good condition
2. Food demonstrations
3. Taste testing
4. Recipes

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