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Program to teach women a heart-healthy lifestyle seeking participants

Heart Smart for Women, a multi-week program designed to teach women about living a heart-healthy life, is now registering participants for classes scheduled to begin Sept. 19 and continue through Dec. 12. Pre-registration is required.

Sponsored by Rush Oak Park Hospital and the Oak Park Department of Public Health, the goal of the *Heart Smart* program is to teach women the importance of a healthy lifestyle through good nutrition, exercise and stress management. The classes, which are offered at both 10 a.m. and 6:30 p.m., will begin with an orientation on Wed., Sept. 19 in the North Conference Room of Rush Oak Park Hospital, 520 S. Maple Ave.

The program is free for those who complete eight of the 12 sessions. The \$20 initial fee will be refunded after successful completion of the program. Each participant will receive two mini-cardiovascular risk assessments, including cholesterol, glucose tolerance and body mass index (BMI) readings to help them better understand the condition of their heart.

Long-time Oak Park resident Eleanor Strickland recently completed the 12-week course and has since made dramatic changes to her lifestyle thanks in part to her participation in *Heart Smart*.

"I enjoyed learning about what to eat and how to read labels on foods," Strickland said. "I'm a diabetic so I knew some of the things that the class taught me, but *Heart Smart* definitely enhanced my knowledge and motivated me. I'm walking more, I've joined a health club and I would definitely recommend it for other people."

Registration for *Heart Smart* is required before the Sept. 19 start date. Call 358.5480 or e-mail health@oak-park.us to register or for more information.

Funding for this program is provided by the Illinois Department of Public Health, Rush Oak Park Hospital and the Oak Park Department of Public Health.

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