

# Heart Month Seminar Series



## Eating to Prevent Heart Disease & Improve Cardiovascular Health

No single food can magically transform your health, but improving your diet begins with looking at the big picture and your overall eating patterns. Consider what you add to your plate – are they healthy or unhealthy fats? Where's the fiber? If you cut back on fat, does that add additional sodium or sugar? Packaged and processed foods can be too salty. Need color? Add fruits and vegetables.

Exercise and weight management are important for cardiovascular health, but adding a healthy diet component may reduce your risk of heart disease or stroke by 80%.

Jennie Grunert, RD, LD, CDE

Join us as dietitian Jennie Grunert explains the steps you can take to help lower cholesterol, blood sugar and blood pressure levels; maintain a healthy weight; and at the same time feel better and improve your quality of life.

For additional information on Heart Month events:  
<http://alaskaregional.com/campaigns/heart-month/>

### DATE & TIME

Wednesday, February 8, 2017

6 p.m.

Alaska Regional Hospital

Ivy Room 1, First Floor

2801 DeBarr Road

### RSVP

Seating is limited. Please reserve

your space to the ARH Event

Registration Hotline at 264-1722 or

[alaskaregional.com/classes&events](http://alaskaregional.com/classes&events)

