

What is Heart Disease?

What is Heart Disease?

Heart disease includes a number of abnormal conditions affecting the heart and blood vessels inside the heart. Heart disease is an umbrella term, which can include any of the following diseases:

- Cardiomyopathy
- Cardiovascular Disease
- Congenital Heart Disease
- Coronary Heart Disease
- Heart Failure
- Hypertensive Heart Disease
- Inflammatory Heart Disease



According to the National Center for Health Statistics, in **Delaware**, heart disease is the number one killer of adults. Studies show that monitoring health and exercise can reduce the chance of heart disease and improve conditions for heart patients.

Eat Smart for a Healthy Heart provides information about heart disease, and provides healthy heart eating tips and recipes.

Cooperative Extension Education in Agriculture and Home Economics, University of Delaware, Delaware State University and the United States Department of Agriculture cooperating. Distributing in furtherance of Acts of Congress of May 8 and June 30, 1914. Delaware Cooperative Extension, University of Delaware. It is the policy of the Delaware Cooperative Extension System that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age, or national origin.

New Castle County Cooperative Extension
University of Delaware
461 Wyoming Rd.
Newark, DE 19716



Eat Smart for a Healthy Heart

A cooking program
for people with heart disease
and their families.

Brought to you by:
University of Delaware
Cooperative Extension
New Castle County

Name: _____

Address: _____

Telephone Number: _____

I will attend the 3 part series

_____ Enclosed is my check for \$45.00

_____ I am unable to pay the registration fee and request a scholarship

Mail registration form with \$45.00 per person (payable to the University Of Delaware) to: Sandy Peralta, New Castle County Cooperative Extension Office, 461 Wyoming Rd, Room 131, Newark, DE 19716. Refunds will only be provided if Cooperative Extension cancels the class.

Questions? Call 302-831-1239

Where is the class held?

Class will be held at the following location:
New Castle County Cooperative Extension Office
461 Wyoming Rd., Room 131
Newark, DE 19716
Location Telephone: 302-831-1239
<http://ag.udel.edu/extension/ncc/nccindex.php>

Directions to NCC Extension Office: From I-95: Take Route 896 North Exit, Go 3 lights and turn right onto Route 4 (East Chestnut Hill Road). Go 2 lights and turn left onto Route 72. Once you cross over the railroad bridge, take a left onto Wyoming Road, then an almost immediate left into a parking lot next to the UD Early Learning Center. The NCC Extension Office is located at the rear of the complex, back by the railroad tracks. Use left hand entrance doors.

When is class held?

May 2, 9, and 16, 2011
10:00 am—12:00 pm

How can I enroll?

Send your check for \$45.00 made payable to the University of Delaware or your scholarship request along with the registration form to:

New Castle County Cooperative Extension Office,
Sandy Peralta
461 Wyoming Rd., Room 131, Newark, DE 19716

Please plan to attend all three sessions.
The total fee for three classes is \$45.00.

The University of Delaware welcomes and encourages participation of all individuals. If you should have special needs because of disability, please notify us when you register and at least two weeks in advance of program date.

What is Eat Smart for a Healthy Heart?

This is a program for people with heart disease and their families. Three sessions provide information about heart disease, healthy eating, cooking recipes and demonstrations. After each lesson, participants will have healthy heart knowledge and recipes to take home.

Class Demonstrations:

Class 1—Desserts

Class 2—Main Dishes

Class 3—Side Dishes

Who can participate?

People with heart disease, family members, caregivers, and support persons can enroll in **Eat Smart for a Healthy Heart**.

Persons with basic nutritional knowledge will benefit most from the program. **Eat Smart for a Healthy Heart** provides complementary information to heart health classes.

Child Care Providers—Attending all three classes entitles you to 6 clock hours credit, Level 3

Who are the instructors?

Classes are taught by
Cheryl D. Bush, MS, RD, LDN and
UD Extension Master Food Educator
Volunteers