### 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:

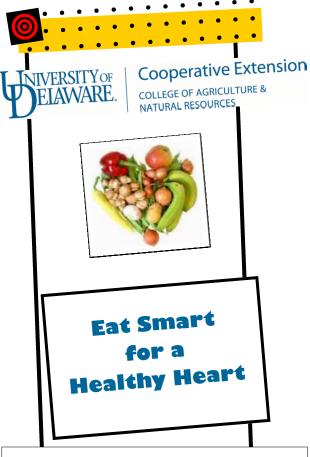
- Cardiomyopathy
- Cardiovascular Disease
- Congenital Heart Disease
- Coronary Heart Disease
- Heart Failure
- Hypertensive Heart Disease
- Inflammatory Heart Disease

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



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

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



## 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

#### 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 <u>University of Delaware</u> 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.

# **Registration Form**

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 Corporative Extension console the class

Questions? Call 302-831-1239