

**FREE  
CLASSES!**

SAVE THIS FLYER  
& MARK YOUR  
CALENDARS

HEALTHSOURCE FEBRUARY 2010 CLASSES  
TAKING CARE OF YOUR HEART  
COMMUNITY HEALTH IMPROVEMENT



The educational offerings in this brochure are presented by Community Health Improvement at Fletcher Allen in celebration of February's Heart Awareness Month . Pre-registration is required by calling 847-2278 or registering online at [www.FletcherAllen.org/Healthsource](http://www.FletcherAllen.org/Healthsource). You will be given the class location and directions when you register. Free parking is available on-site for all classes.

**FREE Happiness is Good for your Heart**

*Susan Fitzgerald, Certified Relaxation Therapist*

A state of happiness and feeling good about ourselves can be very valuable for our heart. Come and learn how science is looking more and more to the remarkable health giving properties of laughter and feeling good in relation to boosting the immune system, and to maintaining healthy organs such as the heart. Discover how simple techniques such as deep relaxation and creative visualization can activate beneficial hormones and chemicals throughout our system, which promote health and wellbeing.

**WHEN** Wednesday, February 3, 7:00–8:30 p.m.

**WHERE** Medical Center Campus, Burlington

**FREE Quit in Person**

*Evy Smith, M.A. LCMHC, CTTS-M*

“Quit In Person” offers professional and peer support to share information about nicotine addiction and dependence and strategies for breaking free of the habits associated with smoking and tobacco use. The class builds skills for improved stress management, assertive communication plans for quitting, and nutritional awareness to avoid weight gain. All participants will be eligible for an 8-week supply of free patches, gum, or lozenges, but must attend all sessions in order to receive this supply of NRT.

**WHEN** Wednesdays, February 3, 10, 17 & 24, 5:30–6:45 p.m.

**WHERE** Burlington

### **FREE The Beat Goes On: Surviving a Heart Attack**

*Karen McKenny, R.N & Donna Chicoine, R.N.*

Learn more about signs and symptoms of a Heart Attack, when to call 911, and what to expect when you get to the Emergency Department. Learn about the Cardiac Catheterization lab and procedures you may undergo to treat and care for your heart. Hear about Fletcher Allen's state-wide Heart Attack initiative and how this network is improving the care of patients with Heart Attack.

**WHEN** Monday, February 8, 7:00–8:00 p.m.

**WHERE** Medical Center Campus, Burlington

### **FREE Eating for your Heart**

*Brigitte Harton, R.D.*

Learn how to identify heart disease and high blood cholesterol risks; learn about optimal lipid profile values; and, most importantly, learn food strategies to help you achieve and maintain a healthy blood cholesterol level and reduce your risk for heart disease. The class includes a store tour and food samples.

**WHEN** Tuesday, February 9, 6:30–8:00 p.m.

**WHERE** Hannaford's Supermarket, South Burlington

### **FREE Blood Pressure Screenings**

**WHEN** Third Tuesday of every month

Tuesdays, February 16, March 16, April 20, 10:00 a.m.–12:00 p.m.

**WHERE** Burlington

### **FREE Outliving your Heart Problem: The Role of Prevention**

*Dr. Philip Ades, M.D., Director of Preventive Cardiology and Cardiac Rehabilitation*

Join Dr. Ades as he discusses the long-term outlook for patients with coronary heart disease. The evening's focus will be on the importance of taking preventive medications and the role of diet, exercise, and weight control.

**WHEN** Wednesday, February 17, 5:30–6:30 p.m.

**WHERE** Tilley Drive, South Burlington

### **Heart Healthy Foods**

*Richard Jarmusz, Executive Chef, Fletcher Allen & author of *Cooking Close to Home: a Year of Seasonal Recipes**

Learn, prepare and taste fresh foods that are heart healthy for you. Come and enjoy hands-on learning of different methods of preparing foods that are good for your health and also full of flavor.

**WHEN** Sunday, February 21, 1:00–3:00 p.m.

**WHERE** O'Brien Community Center, Winooski

**COST** \$10 fee

### **FREE Dance for your Heart**

*Co-hosted by the University of Vermont Salsa and Swing Society*

Have you ever wanted to learn how to ballroom dance? Bring your friends or dance partner and come learn how to waltz. Time for social ballroom dancing will follow the lesson, so bring your dancing shoes and dance your way to a healthier heart!

**WHEN** Friday, February 26

6:30–7:30 p.m. Waltz Lesson

7:30–10:00 p.m. Social Ballroom Dancing

**WHERE** Patrick Gym Dance Studio, Burlington

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