



Cornell University
Cooperative Extension
Saratoga County

**JOIN THE
STRONGWOMEN –
HEALTHY HEARTS
PROGRAM!**

LIFTING WOMEN TO BETTER HEALTH



**STRONGWOMEN
HEALTHY HEARTS**

The **StrongWomen - Healthy Heart** program is a **fun, hands-on** way to make positive changes to help you eat better, move more, and improve your general health and well-being.



**Improve your health and
have fun doing it!**

Who should attend?

Women 40 years of age and older who are interested in improving their health, vitality, and well-being.

Topics in nutrition include:

- Menu planning
- Portion control
- Healthy eating

Exercise will be low to moderate intensity and may consist of:

- Walking
- Dancing

Learn how to improve your:

- Cholesterol levels
- Blood pressure
- Weight

Classes will meet at:
**Cornell Cooperative Extension
50 West High Street
Ballston Spa, NY**

**Tuesdays and Thursdays
5:15-6:15**

February 7— April 26

Fee: Reduced to \$25

**Pre-register by February 3rd by
mailing in registration form with
payment. (See page 2)**

**Contact: Diane Whitten
885-8995, dwhitten@cornell.edu**



Cornell Cooperative Extension in Saratoga County provides equal program and employment opportunities.



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**STRONGWOMEN –
HEALTHY HEARTS
PROGRAM
Registration**

LIFTING WOMEN TO BETTER HEALTH



**STRONGWOMEN
HEALTHY HEARTS**

Please register me for the Strong Women Healthy Hearts Program!

Enclosed is a check for \$25 made payable to **CCE Saratoga**.

Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____

Mail to: Cornell Cooperative Extension
50 West High Street
Ballston Spa, NY 12020

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