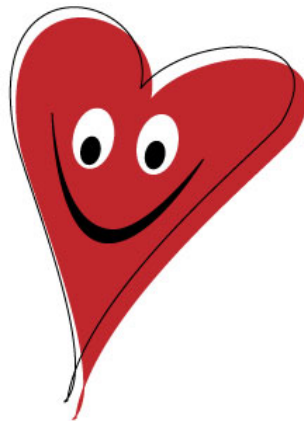


# Eating for a Healthy Heart



**Do you have high cholesterol?**

**Have you been told that you are at risk of developing heart problems?**

**Eating for a Healthy Heart is a 3 week program designed to assist individuals in making food and lifestyles choices to keep their heart healthy.**

**When:**

Sebastopol

**Session 1:** Monday 22<sup>nd</sup> February 2-3.30pm

**Session 2:** Monday 1<sup>st</sup> March 2-3.30pm

**Session 3:** Monday 15<sup>th</sup> March 2-3.30pm

Cooinda

**Session 1:** Friday 27<sup>th</sup> August 10-11.30am

**Session 2:** Friday 3<sup>rd</sup> September 10-11.30am

**Session 3:** Friday 10<sup>th</sup> September 10-11.30am

**Cost:** \$10

**Please contact:**

Ballarat Community Health  
Ph (03) 5338 4500

