

HEART SMART 2017

Nutrition Education Classes

Upcoming Class Dates:

January 18 | February 15 | March 15 | April 19 | May 17
June 21 | July 19 | August 16 | September 20 | October 18
November 15 | December 20

Location & Time

Ellis Hospital | 1101 Nott Street, Schenectady, NY
Dining Rooms 1 & 2 | 11:00 AM - 12:00 NOON

Learn about:

- The principles of a heart healthy diet taught by a Nutrition Expert (Registered Dietitian)
- Heart healthy eating practices
- Sources of fat and cholesterol
- "Good" and "bad" fats
- Reading food labels
- Healthy cooking strategies
- Shopping tips

The class is free of charge and highly recommended for cardiac patients.

More Information:

Contact Dining and Nutrition Services

Call 518.243.1605



**REINVENTING HEALTHCARE
ONE PATIENT AT A TIME**

