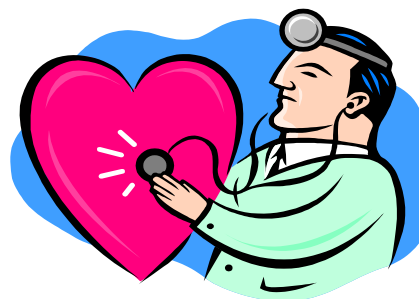


Town of Greenwich New Health Management Program!!!

THE HEART OF THE MATTER: REDUCING YOUR RISK OF HEART DISEASE



This FREE four session course is for individuals who could be at risk of developing heart disease. In addition to exploring individual risk factors for the development of heart disease, such as high cholesterol, high blood pressure, metabolic syndrome and family history, strategies for modifying life styles will be examined and individualized plans will be developed.

FREE cholesterol testing will be offered. Metabolic syndrome screening that will include blood pressure measurement; blood sugar testing and waist girth measurement will be available.

Nancy M. Ryan, MS, RD, CDE, CD-N, a consultant for the Greenwich Department of Health will present the program at the Cos Cob Library, 5 Sinawoy Road, on Wednesdays, May 25, June 1, 8, 15, 2005 from 9:30 - 11:30 AM. Please call 622-7850 to register.

The program is sponsored by the Greenwich Department of Health.

This program is made possible by funding from the Federal Preventive Health and Health Services Block Grant that is administered by the Connecticut Department of Health