



**The Greenwich Department of Health is offering a
FREE four-session course
to help you reduce your risk of heart disease**

Nancy M. Ryan, MS, RD, CDE, CD-N, will present this program
Greenwich High School (10 Hillside Road, Greenwich)
Tuesday evenings, October 6, 13, 20, & 27 2009 from 7 - 9PM

You will learn about risk factors — value of exercise —
your medications and how they work — life style modification —
methods to reduce cholesterol.

FREE cholesterol testing offered at the first class.

Pre-registration required: Call 622-7857

*Sponsored by the Greenwich Department of Health and Greenwich Continuing Education.
Supported by a grant from the Connecticut Department of Health*