

Heart Smart



F O R W O M E N

Resolve to get your heart healthy in 2010!

Many women have a difficult time sticking with an exercise or healthy eating program. To help women commit to keeping physically active and eating healthy, Rush-Copley is pleased to offer Heart Smart for Women.

This 12-week program focuses on building skills for increasing activity and eating a healthier diet. The program sessions are interactive and individualized to help participants overcome their specific exercise and diet obstacles to achieve optimal heart health.

Program sessions will discuss topics including:

- *Setting goals and rewarding yourself*
- *Understanding the risks of cardiovascular disease*
- *Reducing the impact of daily stress*
- *Overcoming barriers to physical activity and healthy eating*
- *Identifying appropriate meal portions*
- *Measuring goals with objective assessments*

Some sessions will include games and prizes!

Dates and Locations

**January 11 through March 29
(Mondays) 4 to 5 p.m.**

VNA of Fox Valley — conference room
400 North Highland Avenue, Aurora

**January 12 through March 30
(Tuesdays) 6:30 to 7:30 p.m.**

Rush-Copley Heart Institute — conference room
2088 Ogden Avenue, Aurora

Fee: \$10 for 12-week program

*For more information or to register, visit
rushcopley.com or call 866-4COPLEY
(1-866-426-7539).*

This program is generously funded by the Women's Health Initiative Grant.