

What is Heart Disease

What is Heart Disease?

Heart disease includes a number of abnormal conditions affecting the heart and blood vessels inside the heart. Heart disease is an umbrella term, which can include any of the following diseases:

- Cardiomyopathy
- Cardiovascular Disease
- Congenital Heart Disease
- Coronary Heart Disease
- Heart Failure
- Hypertensive Heart Disease
- Inflammatory Heart Disease

According to the National Center for Health Statistics, in **Delaware**, heart disease is the number one killer of adults. Studies show that monitoring health and exercise can reduce the chance of heart disease and improve conditions for heart patients.

Eat Smart for a Healthy Heart provides information about heart disease, and provides healthy heart eating tips and recipes.



Find out more about



**Eat Smart
for a
Healthy Heart**

Contact: Kathleen Splane
Extension Educator
University of Delaware
Cooperative Extension—Kent
County
69 Transportation Circle
Dover, DE 19901
Telephone: 302-730-4000
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**Eat Smart
for a
Healthy Heart**

**A cooking program
for people with heart disease
and their families.**

**Brought to you by: The University
of Delaware Cooperative Extension in
partnership with the American Heart
Association—Delaware Chapter**

Registration Form

Name: _____

Address: _____

Telephone Number: _____

I will attend the 3 part series

_____ Enclosed is my check for \$30.00

_____ I am unable to pay the registration fee and request a scholarship

Mail registration form with \$30.00 per person (payable to the University Of Delaware) to: Kathleen Splane, Kent County Cooperative Extension, 69 Transportation Circle, Dover, DE 19901



Where is the class held?

Class will be held at the following location:
Kent County Cooperative Extension
Paradee Center
69 Transportation Circle
Dover, DE 19901
302-730-4000

When is class held?

October 1, 8, and 15, 2009
6:30 pm—8:30 pm

How can I enroll?

Send your check for \$30.00 made payable to the University of Delaware or your scholarship request along with the registration form to:

Kathleen Splane
Kent County Cooperative Extension Office
69 Transportation Circle
Dover, DE 19901

Please plan to attend all three sessions. The total fee for three classes is \$30.00.



Questions? Call 302-730-4000

The University of Delaware welcomes and encourages participation of all individuals. If you should have special needs because of disability, please notify us when you register.

What is Eat Smart for a Healthy Heart?

This is a program for people with heart disease and their families. Three sessions provide information about heart disease, healthy eating, cooking recipes and demonstrations. After each lesson, participants will have healthy heart knowledge and recipes to take home.

Class Demonstrations:

Class 1—Main Dishes

Class 2—Desserts

Class 3—Side Dishes

Who can participate?

People with heart disease, family members, caregivers, and support persons can enroll in **Eat Smart for a Healthy Heart**.

Persons with basic nutritional knowledge will benefit most from the program. **Eat Smart for a Healthy Heart** provides complementary information to heart health classes.

Child Care Providers—Attending all three classes entitles you to 6 clock hours credit.

Who are the instructors?

Classes are taught by Kathleen Splane MS and Lisa Harkins RD with Bayhealth Medical Center

