

August 3, 2016

Dear Health Advocate,

Every year, 600,000 Americans lose their lives to heart disease. As the leading cause of death among all men and women in the U.S., this disease is best fought with preventive measures and heart-healthy lifestyle changes. That's why Purdue Extension in Delaware County is pleased to offer *Be Heart Smart*, a new community program comprising four heart-health classes intended to complement healthcare providers' recommendations.

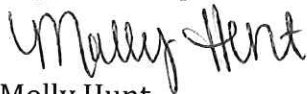
Topics include:

- Identifying and understanding risk factors for heart disease
- Guidelines for healthy cholesterol and blood pressure
- A heart-healthy eating plan, including a cooking demonstration
- Techniques for stress reduction
- Best practices for talking to healthcare providers

Enclosed is information about the program. We encourage you to share these materials with those in your organization and those you serve. To learn more about *Be Heart Smart*, including program registration or to bring this program to your organization and constituents, please contact me at **765-747-7732** or **hunt55@purdue.edu**.

Thank you in advance for helping us to raise awareness of the *Be Heart Smart* program and helping improve the heart health of those in our county, our state, and our nation.

In partnership,



Molly Hunt  
Health & Human Sciences Educator  
Purdue Extension – Delaware County