



Healthy Hearts Topics for 2011



Healthy Hearts Lunches

January 5th & 19th

February 2nd & 16th

March 2nd & 16th

April 6th & 20th

May 4th & 18th

June 1st & 15th

July 6th & 20th

August 3rd & 17th

September 7th & 21st

October 5th & 19th

November 2nd & 16th

December 7th & 21st

Topic for the Month

Kickoff for 2010 - Membership Cards
& Check up on Nutritional Health

National Heart Health Month

Nitty Gritty of High Blood Pressure

National Nutrition Month - *"Eat Right with Color"* - Not Feeling Hungry and don't want to eat.

Buy more Nutrients per Food Dollar
Understanding Nutrition Labels

National Osteoporosis Month

Support your Recovery & Arthritis

Stroke Awareness Month

H₂O 4-U & Simple ways to Inc. NEAT

How to Eat Safely
Essential Nutrients

Sweet Dreams (Importance of sleep)
Living to 100 and Beyond

Do you See what I See (eye health)
Pamper Yourself with Meal Prep

Spice up your Life (Kitchen Spices)
Keep Smiling Big

Diabetes Awareness Month

Graphing your snacks

Wrap-up and Final Celebration