



Healthy Hearts Topics for 2009



Healthy Hearts Lunches

January 7th & 21st

February 4th & 18th

March 4th & 18th

April 1st & 15th

May 6th & 20th

June 3rd & 17th

July 1st & 15th

August 5th & 19th

September 9th & 23rd

October 7th & 21st

November 4th & 18th

December 2nd & 16th

Topic for the Month

Kickoff for 2009 - Membership Cards
& MyPyramid

National Heart Health Month

Healthy Heart Quiz
"Hook" a Healthier Heart

National Nutrition Month - "Eat Right"

Power of Protein

Essentials for low-cost/healthy meals
Which veggies really fight cancer?

National Osteoporosis Month

Getting Calcium without Dairy

Stroke Awareness Month

Inflammation and Diet

Fruits of summer
Foods Rich in Vitamins

Variety in Meals

Seasons Change

Fruits and Veggies - "More Matters"

Eating the rainbow

Fruit and veggie voting booth

Shopping and cooking for 1 or 2
Vegetarian meals

Diabetes Awareness Month

Test your diabetes IQ

Wrap-up and Final Celebration