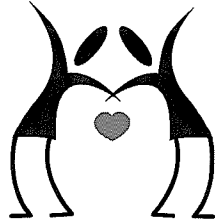


Healthy Hearts 2006



Healthy Heart Lunches

January 4th & 18th

February 1st & 15th

March 1st & 15th

April 5th & 19th

May 3rd & 17th

June 7th & 21st

July 5th & 19th

August 2nd & 16th

September 6th & 20th

October 4th & 18th

November 1st & 15th

December 6th & 20th

Topic for the Month

Kickoff for 2006 - Membership cards - Renew your Pledge

National Heart Health Month
Trans Fat & Low-fat Cooking

National Nutrition Month
"Step up to Nutrition and Health" (Activities for all)

Cancer Control Month &
Spring Veggies - In Season

National Osteoporosis Month
Calcium and Vitamin D

Stroke Awareness Month
Nutrition and Blood Pressure -
Farmers Market

Fiber Tips & Going with the
Grain

TBA & Healthy Heart Fair

5 A Day Month - Benefits of
Fruits and Veggies

B Vitamins

Diabetes Awareness Month

Wrap-up and Final Celebration