



American Heart Association. EmPOWERED to Serve™

Everyone deserves a just opportunity to be healthy. We should pay special attention to those facing the greatest risk of poor health. No one should have difficulty achieving their potential because of their social position or systemic challenges that contribute to inequities. Join us this year at the Healthy Living Center for these 12 **EmPOWERED to Serve** health lessons as we learn ways to engage and motivate communities to create a culture of health.



All sessions take place on **TUESDAYS** from **1:00-2:30pm** at the Mount Carmel von Zychlin Healthy Living Center.

Date	Topic
January 17	Know Your Family History
February 7	Learn the Warning Signs of a Heart Attack
February 21	Have Faith in Heart
March 7	Eating Smart with Fruits & Vegetables
March 21	Make Your Life Sweet, Not Your Drink
April 4	Spot a S.T.R.O.K.E. Fast
May 2	You're the Cure
May 16	Control Your Blood Pressure
June 6	Create Smoke-Free Communities
June 20	Keep the Beat: Learn Hands-Only CPR
July 18	Get Active, Understanding and Using Activity Guidelines
August 1	Salt and Cardiovascular Risk

HEALTHY SNACKS will be provided at every session. An **INCENTIVE** will be offered to those who attend 6 or more sessions.

REGISTRATION IS REQUIRED!

TO REGISTER:

Scan QR code or visit

<http://www.mountcarmelhealth.com/hlc> and select **"Register For A Class"**

For questions, email

healthylivingcenter@mchs.com

or call **614-234-4660**

Mount Carmel von Zychlin

Healthy Living Center

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MOUNT CARMEL
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