



Join the Healthy Heart Program

Do you have high cholesterol or high blood pressure?

The Healthy Heart program can help you meet your health goals for a healthier lifestyle.

This 4-week session is focused on making healthier choices to help reduce the risk of developing cardiovascular conditions, improve cholesterol levels and manage blood pressure. Topics discussed include nutrition, physical activity, disease management, and goal setting.

Participants also have the opportunity to have a 1 on 1 appointment with a registered dietitian. Participants who complete the 4-week workshop may also qualify to receive produce from the fruits and vegetables program.



Mondays, August 5 to August 26 from 10:00 to 11:00 am
WomensCare/Outreach Center
2651 Paseo Verde Parkway, Suite 180, Henderson, NV 89074



To register, please call 702.616.4932 or email Angel Garcia Saavedra at angel.garciasaavedra@dignityhealth.org



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Healthy Heart Program

David Kirk



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Table of Contents Healthy Heart Program

1. Understanding the eBook Healthy Heart Program
 - The Rise of Digital Reading Healthy Heart Program
 - Advantages of eBooks Over Traditional Books
2. Identifying Healthy Heart Program
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Healthy Heart Program
 - User-Friendly Interface
4. Exploring eBook Recommendations from Healthy Heart Program
 - Personalized Recommendations
 - Healthy Heart Program User Reviews and Ratings
 - Healthy Heart Program and Bestseller Lists
5. Accessing Healthy Heart Program Free and Paid eBooks
 - Healthy Heart Program Public Domain eBooks
 - Healthy Heart Program eBook Subscription Services
 - Healthy Heart Program Budget-Friendly Options
6. Navigating Healthy Heart Program eBook Formats

- ePub, PDF, MOBI, and More
- Healthy Heart Program Compatibility with Devices
- Healthy Heart Program Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Healthy Heart Program
 - Highlighting and Note-Taking Healthy Heart Program
 - Interactive Elements Healthy Heart Program
- 8. Staying Engaged with Healthy Heart Program
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Healthy Heart Program
- 9. Balancing eBooks and Physical Books Healthy Heart Program
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Healthy Heart Program
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Healthy Heart Program
 - Setting Reading Goals Healthy Heart Program
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Healthy Heart Program
 - Fact-Checking eBook Content of Healthy Heart Program
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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