

Queen of the Valley Wellness Center Presents

# Eating for a Healthy Heart

## One-Hour Group Nutrition Classes 2010

The Wellness Center and Cardiac Rehabilitation is pleased to present a one-hour class taught by a Registered Dietitian that will discuss:

**Principles of heart healthy eating**


- Dietary fats: The good and the bad
- Healthy Weight Pyramid
- Sodium
- Food Labels
- Kitchen Basics
- Dining Out and more

Synergy members and community guests can register at the front desk or by calling 251-1395. Cardiac Rehabilitation patients can sign up at the Cardiac Rehabilitation desk.

**COST:** Synergy Members: \$10.00  
Community Guests: \$20.00  
Cardiac Rehabilitation Patients: Free

**WHEN:** Monday, January 18th at 9  
Thursday, February 11th at 12  
Friday, March 12th at 3  
Monday, April 5th at 9  
Thursday, May 6th at 3  
Friday, June 11th at 12  
Monday, July 12th at 9  
Friday, August 6th at 1:30  
Friday, September 10th at 12  
Monday, October 4th at 9  
Tuesday, November 2nd at 1:30  
Friday, December 10th at 3

**WHERE:** Wellness Center Classroom  
3421 Villa Lane, Napa

Wellness Center  
Queen of the Valley  
Medical Center   
ST. JOSEPH  
HEALTH SYSTEM  
A Ministry of the  
Sisters of St. Joseph  
of Orange

[www.thequeen.org](http://www.thequeen.org)  
[www.wellnesscenternapa.com](http://www.wellnesscenternapa.com)

For more information or to register please call 251-1395