



Cholesterol Class 2008

Heart Healthy Living

What is this class?

A class to help you in making lifestyle changes to improve your cholesterol numbers and to lower your risk for heart disease.

To Register: *Call the HealthPartners Appointment Center 952-967-7616
(see 2008 class schedule on back)*

What will I learn in this class?

- How to assess your personal risk for heart disease.
- A better understanding of fats: saturated, polyunsaturated, monounsaturated, and trans
- Daily fat gram and other cholesterol lowering goals.
- How to read a food label.
- How to choose foods that will help you lower your cholesterol.

What resources will I receive to take home?

- Tips on increasing activity and managing stress.
- Tips on dining out, adding fiber, and low fat cooking.
- A resource sheet with book and web site recommendations.

A \$15.00 class fee is due at the time of the class.

SEE YOU IN CLASS!

Cholesterol Class 2008 Schedule

HealthPartners Clinic	Clinic Location	Class Limit		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apple Valley	Pennock Lane and 153 rd St. W.	15	8:30-10:30 AM				Thu. 4/03							Thu. 11/06	
Bloomington	86 th Street W. and Nicollet Ave. S.	15	8:30-10:30 AM 3:30-5:30 PM *	Thu. 1/24		Thu. 3/20		Thu. 5/15			Thu. 8/14 *		Thu. 10/02 *	Thu. 11/13	
Brooklyn Center	Brooklyn Boulevard and 69 th Avenue N.	18	8:30-10:30 AM 3:00-5:00 PM * 5:00-7:00 PM **		Wed. 2/27		Thu. 4/17 *	Wed. 5/14 **		Wed. 7/16		Thu. 9/18 BS		Wed. 11/19 DB	
Como	Highway 280 and Como Avenue	10	3:00-5:00 PM		Mon. 2/11		Mon. 4/14	Mon. 5/05		Mon. 7/14	Mon. 8/18	Mon. 9/15	Mon. 10/13	Mon. 11/17	
Coon Rapids	Highway 10 and Hanson Boulevard	15	8:30-10:30 AM 4:30-6:30 PM *			Tue. 3/04 *		Tue. 5/13		Tue. 7/15		Tue. 9/16		Tue. 11/18	
Health Center for Women	2635 University Ave. Suite 160, St. Paul	10	8:30-10:30 AM 3:00-5:00 PM *		Wed. 2/06		Wed. 4/09 *		Wed. 6/11		Wed. 8/20 *		Wed. 10/08		
HealthPartners Specialty Ctr.	401 Phalen Blvd. Saint Paul	10	9:00-11:00 AM 4:00-6:00 PM *	Tue. 1/29 *			Wed. 4/16			Tue. 7/29 *			Wed. 10/15		
Inver Grove Heights	I-494 and Highway 52	15	8:30-10:30 AM 4:30-6:30 PM *	Tue. 1/15							Tue. 8/19 *				
Maplewood	White Bear Ave., So. of Highway 36	14	8:30-10:30 AM 3:00-5:00 PM *		Thu. 2/21		Thu. 4/03 *		Thu. 6/05		Thu. 8/21 *		Thu. 10/02		Fri. 12/12*
Saint Paul	Plato Boulevard and Wabasha Street	10	3:00-5:00 PM	Mon. 1/14		Mon. 3/10		Mon. 5/12				Mon. 9/08		Mon. 11/10	
West	Highway 394 and Highway 100	15	9:00-11:00 AM 10:00-12:00 PM * 10:30-12:30 PM ** 6:30-8:30 PM ***	Thu. 1/17		Tue. 3/11***		Tue. 5/20 *		Tue. 7/15 ***		Tue. 9/16 ** ME		Tue. 11/18 *** ME	
White Bear Lake	Highway 96 & S. Birch Lake Blvd.	15	3:00-5:00 PM 4:00-6:00 PM *	Wed. 1/30		Wed. 3/19 *		Wed. 5/21		Wed. 7/16 *		Wed. 9/17		Wed. 11/12 *	
Woodbury	Radio Drive and Seasons Parkway	15	9:00-11:00 AM 4:00-6:00 PM *		Tue. 2/05 *		Tue. 4/01 *		Tue. 6/03		Tue. 8/05		Tue. 10/07 *		Tue. 12/02

Dates and times may be subject to change

* indicates later time