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Health District Offer Free Cholesterol Education Program

The Central Connecticut Health District is offering a **free** educational course designed to assist individuals in managing their blood cholesterol level. The program will consist of 4 class sessions, each covering a different aspect of blood cholesterol management, taught by an expert in each topic. Classes will be held at the Cora Belden Library, 33 Church St., Rocky Hill from 6:00 – 8:00 p.m. on four consecutive Wednesday evenings: April 23, April 30, May 7, and May 14, 2008. At the end of the course, participants will understand what cholesterol is and what the numbers mean, how to make appropriate lifestyle changes to lower and control blood cholesterol levels, and how to properly use medication if it is prescribed by their physician.

The Health District has received funding from the Connecticut Department of Public Health to present this program, so there is no charge to participate. The class is open to employees and residents of Berlin, Newington, Rocky Hill, and Wethersfield who have been diagnosed with high blood cholesterol, have family members with high cholesterol, or would just like to learn more.

Instructors include Teresa Athas, a registered dietitian, who will discuss blood cholesterol definitions, measurement guidelines, and the role of diet, exercise, and lifestyle modifications like healthy eating, maintaining a healthy weight, and physical activity; pharmacist and consultant John Aforismo, who will provide information and answer questions about medications and supplements, treatment goals, and the role of co-existing conditions; and registered nurse and educator Doreen Palmer, who will help participants develop strategies to assist them in adhering to lifestyle changes and drug therapies, to assess their risk for cardiovascular disease and heart attacks, to determine what questions they might ask their doctors, and to provide information about resources and support.

Pre-registration is required. Space is limited. To register for the program, residents should call the Central Connecticut Health District at 860-721-2818.