



Heart Love

Cardiovascular Disease Prevention

Do you have high cholesterol? Or, family history of heart disease?

Get to the heart of the matter and find out how to reduce cholesterol levels and lower your risk for the different types of cardiovascular disease.

Session 1: Learn the risk factors for cardiovascular disease, the relationship between Diabetes and heart disease, and how sugar is connected to cardiovascular disease.

Session 2: Learn the patterns of eating for prevention of cardiovascular disease along with practical tips and advice to make lifestyle changes.

Session 1	Session 2	Time	Location
Monday, Feb 4	Monday, Feb 11	12p - 12:45p	Admin Building, 3rd Flr REO Conf Rm 1112 Manatee Avenue West, Bradenton
Tuesday, Feb 5	Tues, Feb 12	12p - 12:45p	Public Works, Conf Room 1 1022 26th Ave E, Bradenton
Tuesday, Feb 19	Tuesday, Feb 26	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton
Thursday, Feb 28	Thursday, March 7	12p - 12:45p	Public Safety Ctr, Training A 2101 47th Terrace E, Bradenton
Thursday, April 11	Thursday, April 18	12p - 12:45p	MSO Ops, Media Classroom <i>*MSO/CPID Only</i> 600 301 Blvd W, #202, Bradenton
Thursday, April 25	Thursday, May 9	12p - 12:45p	Transit, Lg Conf Room <i>*Transit/Transit Fleet Only</i> 411 Tallevast Rd., Sarasota
Monday, June 17	Wednesday, Aug 14	6p - 7p	Central Library 1301 Barcarrota Blvd W., Bradenton
Tuesday, July 16	Thursday, July 25	6p - 7p	Palmetto Library 923 6th St W., Palmetto

Open to all employees and health plan members!

Can be used to complete Qualifying Requirements for Diabetes Education for those members with 2018 Qualifying A1C of 7.1 to 8.9. Both sessions are required to receive credit for this Qualifying choice.

Register at www.manateeyourchoice.com/register
(select "Heart Love" in the dropdown menu or use the search bar)



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