TARGET FITNESS: CARDIOMETABOLIC SERIES
INTEGRATIVE NUTRITION THERAPY FOR HEART HEALTH

This 4-week group program led by nutrition experts (RDs) provides the following:

- personalized nutrition plan to improve your cardiovascular and metabolic health
- key nutrition strategies to help you lower cholesterol, improve blood sugar, meet weight goals, and manage blood pressure
- weekly recipes featuring therapeutic foods
- grocery shopping list and suggested pantry items list
- research-based educational discussions to explain how nutrition and lifestyle interventions decrease your risk for heart disease, as well as facilitate optimal management

This program has a “food first” approach for the prevention or treatment of heart disease, but will also include information on nutritional supplements that may be helpful.

Instructors: Josephine Connolly-Schoonen, PhD, RD, Director, Nutrition Division
Sotiria Everett, EdD, RD, Assistant Clinical Professor, Nutrition Division

When: Wednesday, September 13, from 5:45 p.m. - 6:45 p.m.
Wednesday, September 20, from 5:45 p.m. - 6:45 p.m.
Wednesday, September 27, from 5:45 p.m. - 6:45 p.m.
Wednesday, October 4, from 5:45 p.m. - 6:45 p.m.

Where: The Family Practice Center, 181 Belle Mead Rd, East Setauket

Cost: $80 for 4 week program; payable the first day (cash, credit card or check); no insurance accepted (non-refundable, non-transferable)

Registration: Call Health Connect to register – 444-4000; Register by September 8th (Space is limited!)

*After registering for the program, you will be emailed a Patient Intake Form that must completed by Monday September 11th in order to begin the program.

THIS PROGRAM IS FOR YOU IF:

- YOU WANT TO BETTER MANAGE YOUR HEART DISEASE
- IF YOU ARE AT RISK FOR HEART DISEASE DUE TO PRE-DIABETES, DIABETES, FAMILY HISTORY, HIGH BLOOD PRESSURE OR HIGH CHOLESTEROL

School of Medicine
Department of Family, Population & Preventive Medicine
**Schedule & Topics**

**Week 1:**
- Introduce nutrition, lifestyle, inflammation and cardiovascular health
- What, how much and when? Overview of nutrient goals and recommendations for daily carbohydrate, protein, and fat intake
- Distribute personalized nutrition plan

**Week 2:**
- Review personalized nutrition plan
- Create additional menus for variety and maintenance
- Discuss therapeutic foods, herbs and spices for cardiovascular health

**Week 3:**
- Develop cooking and meal planning strategies to build a “heart healthy” plate
- Learn how to interpret the Nutrition Facts label information
- Discuss strategies to manage portion sizes
- Introduce mindful eating techniques and tools to improve your relationship with food

**Week 4:**
- Expand on integrative approaches: supplements, stress management, exercise and wellness
- Moving on – strategies to successfully maintain nutrition and lifestyle changes