

Happy, Healthy Heart Series

Classes are Tuesdays 6:30-8:00pm in CARN 123

Happy Healthy Heart Series

Feb. 2-23 \$50.00 (save \$6.00 by taking the series) #4614
In recognition of the designation of February as heart health month, JCC is offering a series of classes that will address issues that effect our heart and its overall health. Free screenings and/or drawings for healthy heart prizes will be conducted during each class. Take one or two classes or save with the series.

Personalized Medicines and Supplements

Feb. 2 \$14.00 #4686 Presenter: Dr. Richard Moon
Want to achieve the best for your heart health but are afraid that diet and exercise alone may not do the trick? Come and learn about personalized medications and targeted supplements that can help you to achieve optimum heart health.

First Steps to Heart Healthy Fitness

Feb.9 \$14.00 #4687 Presenter: Lisa Schmidtfrerick Miller
Are you ready to get heart healthy and tone up but don't know where to start? Why not start at home! This workshop will give you the skills and confidence you need to start improving your fitness levels. We'll give you a complete workout that you can do at home with no special equipment required.

Alleviating Stress

Feb.16 \$14.00 #4688 Presenter: Kristen Seastedt
Stress can play a major role in heart disease and we all lead a stressful life with work, family obligations, lack of time, etc. Learn techniques of relaxation through meditation and other means.

Heart Healthy Nutrition

Feb.23 \$14.00 #4689 Presenter: Kerry Mihalko
We all hear about cholesterol, HDL, LDL, and all of the other numbers that we should be aware of concerning our heart health. This workshop will help you to identify the right foods to eat and what to avoid without feeling like you are denying yourself.

Course Registration Form

(the following information is required to process your registration)

First _____ MI _____ Last _____

Maiden Name _____

SS#: _____

Or birthdate: _____

Address: _____

E-mail: _____

Daytime Phone: _____

Evening Phone: _____

Happy Healthy Heart

Please check CRNs of all that apply for your registration:(either series or individual)

_____4614_____4686_____4687_____4688_____4689

Total cost: _____

(Payment MUST Accompany Registration)

Check Enclosed

For personal security purposes, JCC has adopted a policy that we will no longer accept credit card payments via fax or mail. You are welcome to call (716-338-1005) or stop in at the Continuing Education office in the Carnahan Center if you are paying by credit card. Thank you for your understanding.



Three Ways To Register...

Register by Phone...

Individuals may register by phone by calling Continuing Education at 338-1005. (To register by phone, you must use a VISA, MasterCard or Discover.)

Register By Mail...

Individuals may register by mail using the attached form. Include check or money order and mail to:

JCC, Office for Continuing Education, CARN Building,
525 Falconer St., PO Box 20, Jamestown, NY 14702-0020.

Register In Person

Come into the Center for Continuing Education (Carnahan Building) to register in person. The office is open from 8 a.m. to 5 p.m., Monday through Friday.

To Cancel: No shows and cancellations less than 3 days prior to each course date are subject to the full registration fee. Substitutions are accepted anytime. JCC reserves the right to postpone or cancel courses due to insufficient enrollment. Website: www.sunyjcc.edu/continuinged

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