



Heart disease is the leading cause of death in the U.S. Your risk for heart disease can be reduced by taking steps to prevent and/or control those factors that put you at greater risk.

## Workshop Topics

- Getting to Know Your Heart
- Achieving a Healthy Weight
- Heart-healthy Meals
- Food Label Reading
- Eating Out



# Heart HELP Program

A FREE program to help you adopt a healthier lifestyle



For more information or to register, please call

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or

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213.742.5838



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In-person health workshops

**Location: Jefferson High School**

**Day: Thursdays**

**Time: 8:30 to 10:30 AM**

**Room: Cafeteria**

Session 1: Jan. 18, 2024

Session 2: Jan. 25, 2024

Session 3: Feb. 1, 2024

Session 4: Feb. 8, 2024

Session 5: Feb. 15, 2024

We hope to see you there!



If you are overweight, do not get much exercise, have high blood pressure, or high cholesterol, then this program is for you!

## Learn How to Safeguard your Heart with Heart Help



Achieve and/or maintain a healthy weight



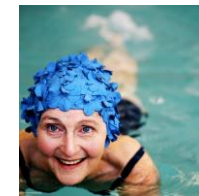
Eat heart-healthy meals at home and when eating out



Learn to read food labels



Control blood pressure. Make healthy food choices when eating out



Exercise and be physically active



Manage stress

