

Bless Your Heart: How To Reduce The Risk for Cardiovascular Disease

Course Description

This is a 5-week course. Lectures and discussions will inform attendees about the myriad risks for cardiovascular disease; how to assess and quantify these risk for each individual; strategies for reducing cardiovascular risk through (a) Diet and Nutrition; (b) Exercise and Physical Activity and (c) Stress Management and Lifestyle modifications. Guest lectures may be invited on a select basis.

Weekly Layout:

It's a Mad, Mad World: An overview of Risk factors

Check Me Out!: Assessment of Individual Risk

Recipe for Disaster: The Role of Food, Nutrition and Diet

Walk It Off: The Role of Exercise and Physical Activity

The Chill Factor: Lifestyle Modifications and Stress Management