**OHIO STATE UNIVERSITY EXTENSION**

**Million Hearts Reservation Form**

Registration:

$ per person

$ couple for all 3 sessions

Includes:

♥ Screening for Cardiovascular Disease by   
 OSU Nursing students (Fast before screening)

♥ Learn about the “ABCSs” heart disease.

♥ Using heart healthy fats, using herbs and   
 spices in place of salt.

♥ How to “COPE” with *STRESS*.

♥ Many heart healthy recipes.

### Registration Deadline: Date *Need to attend all 3 classes plus reunion*

**Name(s**)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Address (street, city and zip)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**email**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Make checks or money order payable to: ***OSU Extension Your County***

Mail form and payment to:

***OSU Extension Your County***

***Your county address***

We're all at risk for heart disease and stroke. Do the right thing for your heart and your family by understanding   
the risks.

Many other lifestyle choices—including eating healthy, exercising regularly, and following your health care professional's instructions about your medications—can all help protect your heart and   
brain health.

Million Hearts and OSU Extension strives to make meaningful progress toward prevention and control of   
a major contributor to heart disease   
and stroke.

**What is your risk?**

**Achieving Goals Prevention**



Your County. Extension Office

Your address

Phone # or email address

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Dates:

Time:



Grant

v. 5

Time: 9-11:00 am

This program is funded by an OSU Cares Grant

The Ohio State University is a partner in the Center for Disease Control’s Million Hearts program, a national

initiative to prevent heart attacks and strokes.

Improving

Cardiovascular

Health Across Ohio

# What is Million Hearts?

**Million HeartsTM** is a national initiative to prevent 1 million heart attacks and strokes by 2017. Million Hearts brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

### Program made possible by:

### The Ohio State University’s College of Education and Human Ecology, College of Nursing, and College of Food, Agriculture and Environmental Sciences.

### Speaker

**Presenter name and title**

**Presenter name and title**

**Presenter name and title**

What is the cost?

Registration: $ per person, $ couple,   
for all 3 sessions \*

How can I enroll?

Complete the reservation form in this brochure.

Mail to:

The Ohio State University

Your County Extension Office

Your street address

City, State ZIP

**Payment to hold a spot is required by:  
date.**



Where will the classes be held? **Location with address**

When are the classes?

**Date, with cardiovascular screening starting at time**

**Classes:**

**Dates from times**

***Cardiovascular Disease Screenings***  
***will be available ONLY on the first day   
of class: date.*** Screenings provided by   
The Ohio State University College of Nursing students.



Discussion

Heart disease, improving cardiovascular health, recipes, health heart screening and how to cope with stress.

Taste heart health food from the class.

Classes will cover the “ABCSs”

There's the first new acronym.   
  
ABCSs stands for:

A: Aspirin for high risk patients  
B: Blood pressure control   
C: Cholesterol management   
S: Smoking cessation s: Stress reduction