**Food Preservation Classes Offered**

OHIO STATE UNIVERSITY EXTENSION

News Release

Your Name

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Ohio State University Extension, Your County to hold Reducing Your Risk of Cardiovascular Disease” Cooking School

If you are at risk of cardiovascular disease or have been diagnosed with cardiovascular disease come learn how to reduce your risk of disease by keeping your blood pressure and cholesterol within healthier limits and reducing your stress level. Your name, Extension Educator with Ohio State University Extension in Your County, will offer a series of cooking classes for people with cardiovascular disease or those at risk of the disease and their family members or caretakers.

Million Hearts®: Improving Cardiovascular Health Across Ohio is a series of three classes meeting on Dates from time at the Place. A reunion class will be held in later.

Free health screenings for Cardiovascular Disease will be provided at the first class by Ohio State University Nursing Students starting at time. Cholesterol checks, blood pressure, height, weight, BMI, and be taken. You should fast before the screenings. You must attend the classes to receive the health screenings.

Your name will discuss how to lower sodium, use herbs and spices, reduce saturated and trans-fats and ways to reduce or cope with stress. Class participants will get recipe booklets, watch cooking demonstrations, and taste foods made with less fat, sugar, and salt. Participants will taste main dishes, side dishes, and desserts.

Pre-registration is required to attend the class. Fee for this class will be $ per person or $ per couple for all three classes.

Classes are open to people with Cardiovascular Disease or at risk of Cardiovascular Disease, their family members or caretakers. Class fee must be paid in advance at the OSU Extension Your County office at location or call (phone number) and ask for flyer to be mailed to you. Fill out flyer and mail back registration with payment to the office. Registration with payment must be received by date.

You must register to take the class so please call person at phone number at your County Extension office to request registration form for the class or come to OSU Extension office at location to complete registration and payment. Enrollment is limited to the first 40 who sign up.

This program has received funding from an Ohio State University Cares Grant.

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