



**GIVE**  
Your Health  
a **BOOST!**

## STEPS TO A HEALTHY HEART



### *Worksite program*

Earn a chance to win a \$100 gift card by participating in the 3-week worksite heart healthy program. These 1-hour sessions will focus on three modifiable risks associated with cardiovascular disease – cholesterol control, blood pressure control and physical activity.

### PROGRAM TOPICS INCLUDE

- Impact on cardiovascular system
- Diagnosis
- Treatment
- Risk reduction tips

### LOCATION

1300 E. Mountain View Ave.  
"Job Club" Room

Barstow

### DATE

10/27/2009

### TIME

12 to 1 pm

### CLASS ID #

27646

\*\* Meeting on October 27, November 3, and November 17, at the same time \*\*

### TO REGISTER

- Take advantage of the PERC web-based registration system at <http://countyline/perc>, click on "PERC e-Learning" and follow the simple steps to enroll in the class ("All Classes" selection; search word "heart"); or
- Call the registration system at (909) 388-4110

Note: This is a Lunch and Learn series to be taken during your lunch period. Bring your brown bag lunch and come join us for this informative program!

No Education Assistance Proposal (EAP) is required for this class.

#### FOR MORE INFORMATION

- Visit the My Health Matters! webpage at <http://countyline.sbcounty.gov/hr/benefits/MyHealthMatters/>
- Contact your Department Wellness Advocate, see a directory at [www.sbcounty.gov/hr/Benefits\\_MyHlth.aspx](http://www.sbcounty.gov/hr/Benefits_MyHlth.aspx)
- Email the Employee Benefits and Services Division at [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov) or call us at (909) 387-5787



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