



Classes

Classes are offered throughout the year. Call 330.721.5144 for upcoming dates or more information.

Heart Healthy Eating

Reduce your risk for cardiovascular disease by making healthy food choices. This class, taught by a Registered Dietitian, will provide you with information and tools needed to follow the American Heart Association's Dietary Guidelines for heart health. By following these guidelines, you can reduce three major risk factors for heart disease—high blood cholesterol, excess body weight and high blood pressure. This class can be a first step to promoting a healthier lifestyle.

More in-depth, individualized instruction can be obtained with a physician's referral for nutrition counseling with a Registered Dietitian at Medina Hospital.

