

SUMMER 2021 NEWSLETTER

Welcome!

This is our first newsletter for the Live Well for Your Heart Program. You are receiving this because you participated in a Heart Age screening in the last three months. We look forward to supporting you in living a healthier lifestyle that will reduce your risk of heart disease. We hope that when we contact you next January for a follow up Heart Age screening you will see a reduced risk of having a heart attack or stroke in the next ten years and a lower Heart Age.

If you have any questions about this program please contact any of us:

Donna Norkoli
231-876-3841

Caitlin Hills
231-876-3803

Abby Maury
231-876-3807



**May is National Stroke
Awareness Month**

Know the symptoms of stroke and how to respond quickly to help save a life.

- Face – By asking the person to smile you can tell immediately if one side of the face droops.
- Arm – Ask the person to raise both arms. Observe to see if one arm drifts lower than the other.
- Speech – Slurred speech is a symptom of stroke. Ask the person to repeat a single sentence.
- Time – Call 911-Fast. Time may be the difference between life and death or even partial and full recovery.

WATERMELON SALSA



Ingredients:

- Lime juice - 2 tablespoons
- Medium onion - 1/2 cup chopped
- Red bell pepper - 1/2 cup chopped
- Vegetable oil - 1 teaspoon
- Watermelon - 3 cups seeded and chopped
- Fresh cilantro - 2 tablespoons, chopped
- Jalapeno pepper - 1 tablespoon, seeded and chopped

Directions:

- 1). In a medium bowl mix all the ingredients
- 2). Serve immediately

Upcoming FIT 4 U Program

This class focuses on helping you obtain your goals for healthy eating, fitness, and weight management. It is designed to educate and empower you in your weight loss journey by promoting positive changes in your lifestyle; leading to a better quality of life and overall wellness.



You will receive:

- One-on-one evaluation before and after the program, with a registered dietician
- 8 group sessions led by a registered dietician and health coach
- Personalized health coaching which includes: Exercise instruction, a grocery store tour and label reading

Class is FREE! 8 Week Program | June 22 - August 17
Tuesday's 4 pm - 5pm | Virtual meetings (phone or computer)
To register call 231.592.4202 - space is limited
All LiveWell For Your Heart participants will receive an "under desk bike pedal exerciser" to use and keep during the FIT 4 U classes



Do you have a Chronic Condition? Please join us for a PATH workshop

DATES: 6- Tuesdays
May 25, June 1, 8, 15,
22; 29, 2021

TIME: 12:30-2:30pm
(EST)

New to Zoom ?

**No Worries!*

*You will be emailed the
Zoom link,
informational handouts
and password after
registration*

**TO REGISTER AND/OR
FOR MORE
INFORMATION**

[Click Here to Register](#)

*Participants should plan to
attend all 6 sessions to the
best of their ability & must be
able to fully participate with
computer, or laptop, with
video and audio features.*



Chronic Disease PATH is a 6-week workshop

FREE & FULLY ONLINE

Who should participate?

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Family members, friends, and caregivers are also encouraged to attend the workshop.

Steps to joining the workshop:

- #1. Register using the link provided
- #2. After registering, contact Pam Daniels @ danie270@msu.edu
- #3. Next, you will be mailed a FREE PATH book
- #4. Upon completing the 6-week program & post survey, you will receive a medication lock box.

Questions: Contact Pam Daniels @ danie270@msu.edu

Sponsors: Michigan State University Extension & Funding supported by a State Opioid Response grant from the Michigan Department of Health and Human Services.

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

This program is supported by the Michigan Health Endowment Fund.

