



COMING SOON
2025

Lake County Indiana Residents

This program is funded in partnership with Lake County Health Department.

Be Heart Smart is a multi-session, lecture-based program for individuals who want to learn more about preventing heart disease by making heart-healthy lifestyle changes. This program will teach participants how to monitor risk factors for heart disease and how to make simple changes to their daily routine that can improve their heart health. Participants are asked to attend all four lessons that will be taught each week by Linda Curley, Purdue University Extension Educator, Health and Human Sciences.



Extension - Lake County



An equal access/equal opportunity university.

Register by calling one of these libraries:

St. John
Hobart
Hammond
Whiting
Lowell
Crown Point
Griffith-Calumet Twp.
Merrillville
Dyer-Schererville
Munster



Educational programs presented by Linda Curley, Purdue University Extension Educator in partnership with the Lake County Health Department - Health First Indiana

	Purdue Extension- Lake County 1:00 - 3:00 PM Register by calling Diana Cook 219-755-3240	St. John Branch Library 1:00 - 3:00 PM Register by calling Holly Koster 219-365-5379	Hobart Branch Library 10:30 AM - 12:30 PM Register by calling Jo Bonner 219-942-2243	Hammond Public Library 1:00 - 3:00 PM Register by calling Danielle Gutierrez 219-931-5100	Whiting Public Library 1:00 - 3:00 PM Register by calling Montserrat Inglada 219-659-0269	Lowell Public Library 10:00 AM - 12:00 PM Register by calling Becky Ashe 219-696-7704	Crown Point Community Library 1:00 - 3:00 PM Register by calling Erika Wagner 219-306-4597	Griffith-Calumet Twp. Branch Library 1:00 - 3:00 PM Register by calling Jane Gibson 219-838-2825	Lake County Public Library (Merrillville) 10:00 AM - 12:00 PM Register by calling Cindy Childress 219-769-3541	Dyer-Schererville Branch Library 10:30 AM - 12:30 PM Register by calling Beth Alyea 219-322-4731	Munster Branch Library 10:30 AM - 12:30 PM Register by calling Michael Ayala 219-836-8450
	Tuesdays	Thursdays	Fridays	Tuesdays	Tuesdays	Wednesdays	Tuesdays	Tuesdays	Wednesdays	Tuesdays	Wednesdays
Lesson 1	November 26, 2024	January 9, 2025	January 10, 2025	January 14, 2025	February 18, 2025	March 5, 2025	April 1, 2025	April 29, 2025	May 14, 2025	June 3, 2025	June 11, 2025
Lesson 2	December 3, 2024	January 16, 2025	January 17, 2025	January 21, 2025	February 25, 2025	March 12, 2025	April 8, 2025	May 6, 2025	May 21, 2025	June 10, 2025	June 18, 2025
Lesson 3	December 10, 2024	January 23, 2025	January 24, 2025	January 28, 2025	March 4, 2025	March 19, 2025	April 15, 2025	May 13, 2025	May 28, 2025	June 17, 2025	June 25, 2025
Lesson 4	December 17, 2024	January 30, 2025	January 31, 2025	February 4, 2025	March 11, 2025	March 26, 2025	April 22, 2025	May 20, 2025	June 4, 2025	June 24, 2025	July 2, 2025

- Lesson 1 – Be Heart Smart - Know Your Risks
- Lesson 2 – Be Heart Smart - Know Your Numbers
- Lesson 3 – Be Heart Smart - Heart Healthy Eating
- Lesson 4 – Be Heart Smart - Take Action



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