



Rick Scott
Governor

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State Surgeon General

FOR IMMEDIATE RELEASE CONTACT:
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Manatee County Health Department
410 6th Avenue East
Bradenton, Florida 34208

FREE Cardiovascular Wellness Education Classes
No Appointments !!! Walk- Ins Welcome !!!

Who: Adults

What: **Cardiovascular Wellness Education Classes**

When: Tuesdays at 1:30 – 3:00 PM

Where: Manatee County Health Department
410 6th Ave. East
Bradenton, FL 34208
Conference Room "A & B"

Cost: **Free**

In Manatee County, cardiovascular disease is the leading cause of death for both men and women. Cardiovascular disease kills more women than breast cancer. The Manatee County Health Department is offering free self-management classes that teach skills to improve your health and reduce your risk of heart disease. The classes teach participants how to control blood pressure, blood glucose, cholesterol, eat healthier, lose weight, get active and manage stress.

Classes are being offered, free of charge, Tuesday of each week at the Manatee County Health Department, in Conference Rooms A & B. Classes begin at 1:30 pm.

For more information call 941-748-0747 ext 1304, or visit our website at
<http://www.doh.state.fl.us/chdManatee/index.htm>