



Stony Brook  
Medicine

**TARGET FITNESS: CARDIOMETABOLIC SERIES**  
**INTEGRATIVE NUTRITION THERAPY FOR HEART HEALTH**

**This 4-week group program led by nutrition experts (RDs) provides the following:**

- personalized nutrition plan to improve your cardiovascular and metabolic health
- key nutrition strategies to help you lower cholesterol, improve blood sugar, meet weight goals, and manage blood pressure
- weekly recipes featuring therapeutic foods
- grocery shopping list and suggested pantry items list
- research-based educational discussions to explain how nutrition and lifestyle interventions decrease your risk for heart disease, as well as facilitate optimal management

This program has a “food first” approach for the prevention or treatment of heart disease, but will also include information on nutritional supplements that may be helpful.

**Instructors:** Josephine Connolly-Schoonen, PhD, RD, Director, Nutrition Division  
Sotiria Everett, EdD, RD, Assistant Clinical Professor, Nutrition Division

**When:** **Wednesday, September 13, from 5:45 p.m. - 6:45 p.m.**

**Wednesday, September 20, from 5:45 p.m. - 6:45 p.m.**

**Wednesday, September 27, from 5:45 p.m. - 6:45 p.m.**

**Wednesday, October 4, from 5:45 p.m. - 6:45 p.m.**

**Where:** The Family Practice Center, 181 Belle Mead Rd, East Setauket

**Cost:** \$80 for 4 week program; payable the first day (cash, credit card or check); no insurance accepted (*non-refundable, non-transferable*)

**Registration:** Call Health Connect to register – 444-4000; **Register by September 8<sup>th</sup>** (Space is limited!)

*\*After registering for the program, you will be emailed a Patient Intake Form that must be completed by **Monday September 11<sup>th</sup>** in order to begin the program.*

**THIS PROGRAM IS FOR YOU IF:**

- YOU WANT TO BETTER MANAGE YOUR HEART DISEASE
- IF YOU ARE AT RISK FOR HEART DISEASE DUE TO PRE-DIABETES, DIABETES, FAMILY HISTORY, HIGH BLOOD PRESSURE OR HIGH CHOLESTEROL

## Schedule & Topics

### **Week 1:**

- Introduce nutrition, lifestyle, inflammation and cardiovascular health
- What, how much and when? Overview of nutrient goals and recommendations for daily carbohydrate, protein, and fat intake
- Distribute personalized nutrition plan

### **Week 2:**

- Review personalized nutrition plan
- Create additional menus for variety and maintenance
- Discuss therapeutic foods, herbs and spices for cardiovascular health

### **Week 3:**

- Develop cooking and meal planning strategies to build a “heart healthy” plate
- Learn how to interpret the Nutrition Facts label information
- Discuss strategies to manage portion sizes
- Introduce mindful eating techniques and tools to improve your relationship with food

### **Week 4:**

- Expand on integrative approaches: supplements, stress management, exercise and wellness
- Moving on – strategies to successfully maintain nutrition and lifestyle changes