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education·information

Capital Area Library Assistants (CALA)
“Lunch and Learn” Workshop

Have a Heart and De-Stress!

**Presented by Sandra Varno, MS, RD, CDN from Cornell Cooperative
Extension of Albany County**

We all know stress is contagious, but often don't realize how much it affects our health, especially the heart. Learn more about heart health and easy lifestyle changes that can not only improve your health, but also help alleviate stress in this interactive workshop. Bring your lunch; we will provide coffee, tea and dessert. *Please join us in supporting the American Heart Association. Donations of cash or checks are greatly appreciated. Checks may be made payable to the: American Heart Association. All donations collected will stay in Northeastern New York. We will deliver all the donations we receive on behalf of our CALA membership.*
Hope to see you there!

Date: Monday, September 12, 2011

Time: 12-2pm

Place: Capital District Library Council (CDLC)
28 Essex Street, Albany, NY

Cost: \$5.00; registration fee payable in advance or at the door. Cash or check accepted. Please make check payable to: CDLC.

Advance Registration Deadline: September 2, 2011

Questions? Please contact: Kathy Corbett, Capital District Library Council

Phone: 518-438-2500

Fax: 518-438-2872

Email: kcorbett@cdlc.org

Registration form

Make checks payable to CDLC and send completed form to **Kathy Corbett, Capital District Library Council, 28 Essex St., Albany, NY 12206** or via CDLC Courier. **Full payment must accompany this form. Advance registration deadline is 9/2/11. Confirmation will be sent by email. Receipt and/or proof of attendance available day of workshop.**

Name: _____

Organization: _____

Address: _____

Phone: _____

Email: _____