



Knox County Health Department

140 Dameron Avenue, Knoxville, TN 37917

FOR IMMEDIATE RELEASE: Feb. 28, 2023

Contact: Kaylee Coffman
865-507-9797 cell

Knox County Health Department recognizes Heart Health Month

Knox County, Tenn. – The Knox County Health Department is wrapping up Heart Health Month by encouraging our community to sign up for KCHD’s FREE Heart Health Classes. Making healthy lifestyle changes may feel overwhelming at first, but you are never too young or too old to start taking care of your heart health. That's why the Knox County Health Department offers a free two-part series to help. Work with a Registered Dietitian to learn about healthy eating and exercise, weight management, goal setting, and more. Heart disease is a leading cause of death in the United States for both men and women. But you can take steps now to protect your heart and stay healthy.

This class is designed for people with heart disease, high blood pressure, high cholesterol or those just wanting to learn about healthy eating and physical activity. Classes are scheduled for March 9 and 16 from 6-7 p.m. at the Knox County Health Department (140 Dameron Avenue). If you are unable to attend, additional classes will be offered this fall.

By taking preventive measures, you can lower your risk of developing heart disease and a heart attack. You can also improve your overall health and well-being. [Click here](#) to sign up for the upcoming classes. For any questions, email Nutrition@KnoxCounty.org or call 865-215-5170.

About Knox County Health Department:

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. For more information, visit knoxcounty.org/health.

###

