



Improving The Quality of Your Life

YAKIMA REGIONAL CARDIAC REHABILITATION MARCH CLASS SCHEDULE

Stress Reduction

Monday, March 1 - 12:15 p.m.

Wednesday, March 17 - 1:00 p.m.

Presenter: Kirk Strosahl, PhD/Patti Robinson, PhD

Life is stressful! This class will introduce you to 15 different relaxation states, and, even better, several approaches to creating them.

Getting to Sleep

Monday, March 1 - 1:15 p.m.

Wednesday, March 17 - 2:00 p.m.

Presenter: Kirk Strosahl, PhD/Patti Robinson, PhD

Would you like to look forward to going to bed and getting a good night's rest? This class covers the basics of good sleep hygiene. Come and sleep better.

The ABCs of Diabetes

Tuesday, March 2 - 12:15 p.m.

Presenter: Carol Milliron, MSN, MHA, RN-BC

Diabetes is such an important risk factor for heart attack that it is often referred to as 'another name for heart disease.' Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease and this class helps you to recognize the signs and symptoms.

Introduction to Weight Training

Thursday, March 4 - 12:15 p.m.

Presenter: Chad Antonie, BS, Exercise Specialist

This class will describe the basics of weight training and why it is important for everyone. You will learn the major muscle groups and their function, as well as how you can safely strengthen each group to be able to perform every day tasks with greater ease.

Stretching for Flexibility

Tuesday, March 9 - 12:15 p.m.

Presenter: Heather Stokes, BS, Exercise Specialist (Intern)

This class will help you understand the benefits of stretching as well as a variety of stretches you can do at home.

Tools & Tips for Quitting Tobacco

Wednesday, March 10 - 1:30 p.m.

Presenter: Dan Smith - American Lung Association of WA

A Tobacco Control Manager from the American Lung Association will help you to understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan.

Intimacy and Heart Disease

Thursday, March 11 - 12:15 p.m.

Presenter: Jacqui Bush, BSN, RN

If you've been diagnosed with a heart condition, or recently had heart surgery, you may be wondering about intimacy. This class will help answer your questions.

Principles of Exercise

Monday, March 15 - 12:15 p.m.

Presenter: Brian Cole, Exercise Specialist

This class will highlight the following areas: aerobic exercise, strength training, and flexibility and will answer the following questions: How often should I exercise? How long should I exercise? How do I know how hard to exercise? What if I don't even like to exercise?

Heart Healthy Eating Part I

Tuesday, March 16 - 12:15 p.m.

Presenter: Theresa Roberts, RD, CD

Including a variety in healthy food choices is one of the most effective ways to reduce cholesterol, blood pressure, and maintain a healthy weight. This class covers nutritional guidelines supported by leading health organizations. It will help you take positive steps to a healthy lifestyle.

**Class taught in the Medical Office Building*

Understanding Your Medications

Thursday, March 18 - 12:15 p.m.

Presenter: Lani Steltz, PharmD

A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollar count and how to keep all your medications straight.

Introduction to Relaxation Techniques

Monday, March 22 - 12:15 p.m.

Presenter: Leslie Smyer, ADN, RN, CCRN, CMS

The ability to relax or de-stress is as simple as taking a breath, and as challenging as focusing on that breath without distractions. Come and learn some simple tools you can use to create a more peaceful, reduced-stress life for yourself.

Hypertension –The Silent Killer

Tuesday, March 23 - 12:15 p.m.

Presenter: Jacqui Bush, BSN, RN/Theresa Roberts, RD,CD

Hypertension (or high blood pressure) is called the Silent Killer because it often has no symptoms. High blood pressure increases your risk of heart disease and stroke, so knowing your blood pressure numbers is important. This class provides information on normal blood pressure values, what causes high blood pressure, who is most likely to develop it, and ways to keep your blood pressure within normal limits.

Heart Basics

Thursday, March 25 - 12:15 p.m.

Presenter: Carol Milliron, MSN, MHA, RN-BC

This class is designed to give you an understanding of cardiac risk factors and ways to reduce them, signs and symptoms of a heart attack, and the importance of early detection and treatment.

Heart Healthy Eating Part II

Tuesday, March 30 - 12:15 p.m.

Presenter: Theresa Roberts, RD, CD

This class will be a continuation of part 1 to include understanding label facts and foods/products marketed as 'functional' (ie omega 3 fats, phytonutrients, plant stanols/sterols, prebiotics, probiotics, antioxidants, etc.). **Class taught in the Medical Office Building.*

**Classes are located in the
Yakima Regional ICCU
Conference Room.
Call 573-3592 or visit
yakimaregional.net
to sign up for these FREE classes!**