



Improving The Quality of Your Life

YAKIMA REGIONAL CARDIAC REHABILITATION JULY CLASS SCHEDULE

Heart Healthy Eating Part I

Tuesday, July 6 - 12:15 p.m.

Wednesday, July 21 - 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

The ABCs of Diabetes

Thursday, July 8 - 12:15 p.m.

Presenter: Cameron Van Tassell, MS, RD, BC-ADM

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.

Heart Healthy Eating Part II

Tuesday, July 13 - 12:15 p.m.

Presenter: Theresa Roberts, RD, CD

This class will be a continuation of part I 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.

Tools & Tips for Quitting Tobacco

Wednesday, July 14 - 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.

Understanding Your Medications

Thursday, July 15 - 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.

Stress Reduction

Wednesday, July 14 - 1:00 p.m.

Wednesday, July 28 - 1:00 p.m.

Presenter: Kirk Strosahl, 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

Wednesday, July 14 - 2:00 p.m.

Wednesday, July 28 - 2:00 p.m.

Presenter: Kirk Strosahl, 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.

Hypertension –The Silent Killer

Monday, July 19 - 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.

Introduction to Weight Training

Tuesday, July 20 - 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.

Principles of Exercise

Thursday, July 22 - 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?

Intimacy and Heart Disease

Monday, July 26 - 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.

Heart Basics

Thursday, July 29 - 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.

Classes are located in the Yakima Regional ICCU Conference Room, unless otherwise noted.

**Call 573-3592 or visit
yakimaregional.net
to sign up for these FREE classes!**