

Heartfelt Care, Close to Home

Heart disease is the leading cause of death for men and women in the US. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Join HCMH during AACVPR Nation Cardiac Rehabilitation Week and celebrate the life-saving impact of cardiac rehabilitation. HCMH is hosting several events for the public to honor the role of cardiac rehabilitation in reducing the potentially devastating effects of heart disease and improving quality of life for patients and families.

A WORK OF HEART CARDIAC REHABILITATION

Cardiac Rehab Open House

Mon., Feb. 9 • 12-4pm

Where: HCMH

Details: Free blood pressure screenings, including 1:1 training on your own home monitor (please bring with you), heart healthy foods taste testing, tour the department, meet the staff.

Cost: FREE

Heart Healthy "Make and Take" • Wed., Feb. 11 • 3pm

Where: HCMH Cardiac Rehab Room

Details: Join our dietitian Amanda Danzl, RD, LD, along with Courtney, Darla & Val, as they teach you how to turn your favorite winter comfort foods into a heart healthy meal. Class will include a group discussion along with hands on demonstration. Participants will go home with supper ready to go in the oven!

Recipe: Chicken, Broccoli, & Rice Casserole (serving size: 2)

Cost: \$5

RSVP: Please contact the rehab department at 332-7627 or email courtneyp@humboldthospital.org by **Monday 2/9/15** to reserve your spot!

Family and Friends CPR Class • Thurs., Feb. 12 • 6:00pm

Where: HCMH Cardiac Rehab Room

Details: Family and Friends CPR is for people who want to learn CPR, but do not need a course completion card in CPR for their job. This course is perfect for schools, students, parents, grandparents, babysitters, and all those interesting in learning how to save a life. The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only™ CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant.

Cost: FREE

RSVP: Please contact the rehab department at 332-7627 or email courtneyp@humboldthospital.org by **Monday 2-9-15** to reserve you spot!



Quality Care, Close to Home

HUMBOLDT COUNTY MEMORIAL HOSPITAL

1000 N. 15th St., Humboldt • 515-332-4200 • www.humboldthospital.org