

# Legacy Meridian Park Medical Center

## Healthy Heart Lecture Series – Spring 2018

<b>March 7<sup>th</sup></b>	Healthy Shopping & Label Reading	Dietitian Sarah
<b>March 14<sup>th</sup></b>	Nutrition 101	Dietitian Sarah
<b>March 21<sup>st</sup></b>	Exercise & Your Heart	Cardiac Rehab Staff
<b>March 28<sup>th</sup></b>	Strength Training 101	Cardiac Rehab Staff
<b>April 4<sup>th</sup></b>	Cardiac Medications 101 <b>(9:15AM ONLY)</b>	Pharmacist Sean
<b>April 11<sup>th</sup></b>	Stress Management	Cardiac Rehab Staff
<b>April 18<sup>th</sup></b>	Anatomy of a Heart Attack – Save a Life!	Nurse Tanya

\* Pre-registration is requested by calling **503-692-2548** or signing up in gym \*

- Classes are held in the Cardiac Rehab Conference Room

- **Wednesday's at 10:30am unless otherwise indicated**

