

# WASHINGTON HOSPITAL IS PROUD TO OBSERVE HEART HEALTH MONTH

Join us at these upcoming events which will be held at Washington West, 2500 Mowry Ave. in Fremont



## Lose the Salt But Keep the Flavor

Washington Women's Center is hosting a free Lunch and Learn class focusing on lower-sodium cooking. A registered dietitian will conduct a cooking demonstration to help get you on the right track to a heart-healthier diet.

**Date:** Wednesday, February 1, 2012  
**Time:** Noon to 1 p.m.  
**Location:** Washington Women's Center Conference Room  
**Call:** (800) 963-7070 to register

## Diabetes Matters: Getting to the Heart of the Matter

This free Diabetes Matters seminar looks at how to reduce your risk of heart disease. A one-hour support group meeting follows.

**Date:** Thursday, February 2, 2012  
**Time:** 7 to 8 p.m.  
**Location:** Conrad E. Anderson, M.D. Auditorium  
**Call:** (510) 745-6556 or visit [www.whhs.com/diabetes](http://www.whhs.com/diabetes) for more information

## Mended Hearts Support Group

If you or a loved one has had heart surgery, heart attack, angioplasty, angina or other cardiac condition, consider attending the Mended Hearts support group to share your story, learn information and make friends. Family members and loved ones are welcome.

**Date:** Tuesday, February 7, 2012  
**Time:** 5 to 6 p.m.  
**Location:** Conrad E. Anderson, M.D. Auditorium, Room C  
**Call:** (510) 494-7022 for meeting times and information

## Minimally Invasive Heart Surgery and Nutrition After Heart Surgery

Learn from a physician about the latest minimally invasive surgical procedures being used to treat heart conditions. A registered dietitian will discuss what to eat after having a heart procedure.

**Date:** Tuesday, February 14, 2012  
**Time:** 1 to 3 p.m.  
**Location:** Conrad E. Anderson, M.D. Auditorium, Rooms A & B  
**To register:** Register online at [www.whhs.com/seminars](http://www.whhs.com/seminars) or call (800) 963-7070



## Cardiac Rehabilitation Program

This specialized program offers a series of one-hour exercise sessions, with all exercises performed while the heart patient is monitored by an exercise physiologist and registered nurse.

**When:** Monday, Wednesday and Friday  
**Times:** 8 a.m., 9:15 a.m., 10:45 a.m., 12 Noon, 2:30 p.m. and 4 p.m.  
**Location:** 2500 Mowry Avenue (Washington West, 2nd floor)  
**Call:** (510) 494-7022 or visit [www.whhs.com/heart/cardiac\\_rehab](http://www.whhs.com/heart/cardiac_rehab) for more information  
**Fee:** \$8.50 per session (Sessions may or may not be covered by insurance.)



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Investing in the health of the community.

For more information, visit [www.whhs.com/heart](http://www.whhs.com/heart)

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