## **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.



## 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" ullet Wed., Feb. 11 \cdot 3pm**

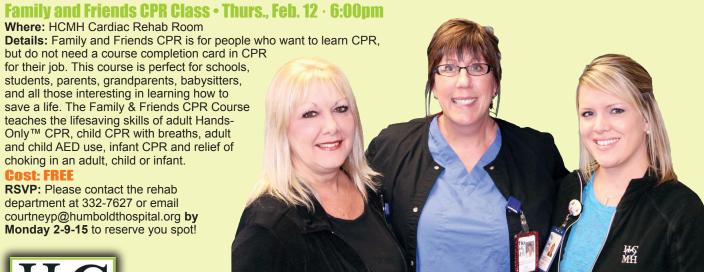
Where: HCMH Cardiac Rehab Room

**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!





Quality Care, Close to Home

## HUMBOLDT COUNTY MEMORIAL HOSPITAL

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