



SAN ANTONIO REGIONAL HOSPITAL

Heart Center

HEALTHY HEART CLASSES

Hypertension and Your Medications

An enriching series focused on fostering heart health, offered free of charge and requiring no registration. Join our team of expert instructors as they share insights on nutrition, disease prevention, medication management, exercise, stress reduction, and diabetes prevention, all tailored towards maintaining a healthy heart.

Stroke Risk Factors

Learn about stroke risk factors and lifestyle modifications. This class includes an explanation of the similarities of stroke and heart disease.

Diabetes Prevention and Nutrition

This class discusses prevention of diabetes, the effects of diabetes on the body, and the importance of maintaining a healthy weight

Improving Your Numbers Through Nutrition

Reviews a heart-healthy diet, recipes, and diet modifications and food substitutes.

Congestive Heart Failure

Learn the definition, causes, signs and symptoms, prevention, and treatment of heart failure.

Risk Factors and Heart Disease

This overview of cardiac risk factors includes hypertension, smoking, obesity, high cholesterol, lack of exercise, and stress. You will learn how to prevent heart disease through lifestyle modifications.

Exercise and Your Heart

Learn the benefits of a routine exercise program for your heart. Included are techniques and information to develop a home exercise program.

Diabetes, Risk Factors, and Your Medications

This class explains the different types of diabetes, and it includes important information about medications, their indications and the various classifications of diabetes medications.

Stress Management and Your Heart

Understand the effects of stress on your health. Techniques to help reduce stress will also be discussed.

2024 Healthy Heart Class Schedule
Every 3rd Wednesday, (except December)
4:30 pm - 6:00 pm, NO COST

3/20/2024	Stroke, Risk Factors, and Your Medications
4/24/2024	Diabetes, Risk Factors, and Your Medications
5/8/2024	Diabetes, Risk Factors, and Your Medications
6/19/2024	Improving your numbers through nutrition
7/17/2024	Stress Management and Your Heart
8/21/2024	Congestive Heart Failure
9/18/2024	Risk Factors and Heart Disease
10/16/2024	Exercise Your Heart
11/20/2024	Diabetes Prevention and Nutrition

Pharmacy Department
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