The Nebraska Medical Center's Cardiovascular Department is hosting a series of **FREE** heart health awareness classes.

The Nebraska Medical Center's Cardiovascular Department is hosting a series of FREE heart health awareness classes.

The classes will provide information to assist individuals and their caregivers living with varying degrees of heart disease. Patients and caregivers will gain a better understanding and learn to manage their condition.

Classes will be held at The Nebraska Medical Center in the lower level of Storz Pavilion. Free parking is available at Clarkson Tower entrance located near 44th and Dewey Ave.

Participants must register at least a day in advance for any or all of the free heart health awareness classes. **Call 1-800-922-0000** or visit **www.nebraskamed.com/services/heart.**

Participants are encouraged to bring their list of medications to all classes they have registered to attend.

Refreshments will be served at each class.

Thursday, Sept. 9
6 to 7:00 p.m.
Lower Storz Pavilion, room 6
Taking Control of Your Heart
Presenters: Ioana Dumitru, MD and Scott Shurmur, MD
Understand and monitor the signs and symptoms of heart disease while learning how to take control of the condition and work with health-care providers.

Thursday, Sept. 16
6 to 7:00 p.m.
Lower Storz Pavilion, rooms 6 and 7
Diet, Nutrition and Activity
Presenters: Heidi Klasna (Diet and Nutrition) and Kate Kennedy (Cardiac Rehabilitation, RN)
Patients and their caregivers will learn how to plan and prepare their daily dietary needs such as controlling sodium intake by using alternative cooking methods and substitutions. Free recipes will be handed out. Learn about the benefits of starting and maintaining an activity program, including the best ways to conserve energy and rebuild the heart muscle.

Thursday, Sept. 23
6 to 7:00 p.m.
Lower Storz Pavilion, room 6
Heart Rhythm Problems
Presenter: Nicholas Haglund, MD
Patients will learn about the diagnosis, treatment and preventions related to heart rhythm problems and what to share with their caregivers.

Thursday, Sept. 30
6 to 7:00 p.m.
Lower Storz Pavilion, room 6
Medications
Presenter: Brian Trevarrow, PharmD
Patients and caregivers learn about names and uses of common heart medications prescribed to treat both heart failure and heart attacks, side effects and why taking them as directed is very important.

Thursday, Oct. 7
6 to 7:00 p.m.
Lower Storz Pavilion, room 6
Advanced Care Plan Class Wrap Up
Presenter: Carol Eberle, MD
Learn details about advanced care planning, living wills and health-care power of attorney. Handouts will be available.

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HEART failure AWARENESS