

November



1

SilverSneakers® Yoga
9:00-9:45 a.m.
SilverSneakers® Classic
1:00-1:45 p.m.

2

3rd (Saturday)
Walk with a Doc
SDHC-9-10:00 a.m.

5

SilverSneakers® Circuit
8:30-9:15 a.m.
SilverSneakers® Classic
9:30-10:15 a.m.
Tai Chi
10:30-11:20 a.m.
Yoga for the Heart
1:00-2:00 p.m.

6

SilverSneakers® Yoga
9:00-9:45 a.m.
SilverSneakers® Circuit
1:00-1:45 p.m.
Cholesterol & Your Heart
3:00-4:00 p.m.

7

SilverSneakers® Circuit
8:30-9:15 a.m.
SilverSneakers® Classic
9:30-10:15 a.m.
Tai Chi
10:30-11:20 a.m.
Yoga for the Heart
1:00-2:00 p.m.

8

SilverSneakers® Yoga
9:00-9:45 a.m.
SilverSneakers® Classic
1:00-1:45 p.m.

9

Pulmonary Hypertension Support Group
12:00 p.m.-1:00 p.m.
(Must Register to Attend)

12

SilverSneakers® Circuit
8:30-9:15 a.m.
SilverSneakers® Classic
9:30-10:15 a.m.
Tai Chi
10:30-11:20 a.m.
Diabetes/Pre-Diabetes
11:00 a.m.-12:00 p.m.
Yoga for the Heart
1:00-2:00 p.m.

13

SilverSneakers® Yoga
9:00-9:45 a.m.
SilverSneakers® Circuit
1:00-1:45 p.m.

14

SilverSneakers® Circuit
8:30-9:15 a.m.
SilverSneakers® Classic
9:30-10:15 a.m.
Tai Chi
10:30-11:20 a.m.
Nutrition Lecture—Spice Rack Medicine
11:30-12:30 p.m.
Relieve Your Stress
12:45-1:45 p.m.

15

SilverSneakers® Yoga
9:00-9:45 a.m.
SilverSneakers® Classic
1:00-1:45 p.m.

16



19

SilverSneakers® Circuit
8:30-9:15 a.m.
SilverSneakers® Classic
9:30-10:15 a.m.
Yoga for the Heart
1:00-2:00 p.m.
Anticoagulation Basics
1:30-2:30 p.m.

20

SilverSneakers® Yoga
9:00-9:45 a.m.
SilverSneakers® Circuit
1:00-1:45 p.m.
Heart Failure Class
1:30 p.m.-2:30 p.m.

21

SilverSneakers® Circuit
8:30-9:15 a.m.
SilverSneakers® Classic
9:30-10:15 a.m.
Hands-Only CPR Class
(Must register to attend this class)
9:30-10:45 a.m.
Yoga for the Heart
1:00-2:00 p.m.

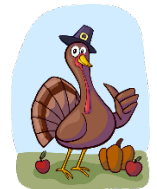
22

SDCA Closed in observance of Thanksgiving



23

SDCA Closed in observance of Thanksgiving



26

SilverSneakers® Circuit
8:30-9:15 a.m.
SilverSneakers® Classic
9:30-10:15 a.m.
Tai Chi
10:30-11:20 a.m.
Yoga for the Heart
1:00-2:00 p.m.

27

SilverSneakers® Yoga
9:00-9:45 a.m.
SilverSneakers® Circuit
1:00-1:45 p.m.

28

SilverSneakers® Circuit
8:30-9:15 a.m.
SilverSneakers® Classic
9:30-10:15 a.m.
Tai Chi
10:30-11:20 a.m.
Yoga for the Heart
1:00-2:00 p.m.

29

SilverSneakers® Yoga
9:00-9:45 a.m.
SilverSneakers® Classic
1:00-1:45 p.m.

30

ICD Support Group
12:00 p.m.-1:00 p.m.
(Must Register to Attend)

Education Class Descriptions (All Educational Classes are Free)

Nutrition Lecture Series - Join Susan Buckley, RD, CLT, as she shares and demonstrates her expertise in nutrition and heart-healthy cooking solutions.

November 14th – Spice Rack Medicine- Herbs and Spices can help control blood sugar, protect against inflammation that can contribute to chronic diseases and may play a role in weight management. Spices literally add spice to your life and can optimize your overall health, inside and out. Find out which health benefits are hiding in your spice rack and test-drive the top disease-fighting spices with our easy recipes.

Walk with a Doc- EXERCISE IS MEDICINE! Join Dr. Ira Dauber, other cardiologists, and providers from South Denver Cardiology for this FREE, fun, walking program. What better way to start your weekend than making strides toward a healthier lifestyle? Participants will have the opportunity to walk and talk with the providers of South Denver Cardiology. We will have coffee and light snacks for walkers. SDCA will host this walk monthly. **Event held at the South Denver Heart Center, 1000 SouthPark Dr. Littleton, CO 80120,**

Pulmonary Hypertension Support Group - Welcome Guest Today's guest speaker will be, Ernest A. Haeusslein, M.D. from Seton Medical Center, Austin. His topic will be, Nutrition and how this can relate to your pulmonary hypertension. **(Must register to attend this class, Cost: Free)**

ICD Support Group - Support group for patients and family members of people living with ICDs. This meetings topic will be, ICD Basics with guest speaker, South Denver Cardiologist, Jehu Mathew, M.D. **(Must register to attend this class, Cost: Free)**

Heart Failure Class — what you need to know

Nearly 5 million Americans suffer from heart failure or Congestive Heart Failure, CHF and 550,000 new cases are diagnosed each year. Do you or a loved one have CHF? SDCA offers a FREE Heart Failure class every other month taught by our heart failure nurse Vicki Petts RN, BSN. She will teach you the sign & symptoms, current treatments and how to live with CHF. (Cost: FREE- **Please register for this class**)

Cholesterol and Your Heart- We hear all about cholesterol, but few of us understand what it's all about. Join both Susan Buckley, RD and Renee Julien, RN as they explore the basics of cholesterol and how to manage cholesterol with both medication and natural alternatives. Learn about options, side effects and what the numbers mean. Class repeats monthly.

Hands-Only CPR Class- In this class, you will learn how to perform Hands-Only CPR. There will be a video to watch, and students will practice CPR on a manikin. You must be physically able to do chest compressions on the floor or a table. Limited to 20 students per class. **(This is a free class, but you must register for this class.)** Repeats monthly.

Diabetes, Pre-diabetes and Insulin Resistance: What's going on with diabetes and prediabetes? More than 100 million Americans have diabetes or prediabetes. Join Susan Weitkunat, RD, CDE as she teaches the ins and outs of Diabetes. Find out why diabetes develops, how it affects your body and learn about some small changes can make huge improvements in your glucose levels and overall health. Class repeats monthly. Cost: Free

Anticoagulation Basics - Through Thick and Thin: Learning to live with warfarin/Coumadin. This class provides an overview of warfarin therapy with an emphasis on safety. The class will also explore helping patients to make good decisions about what can affect this medication and how to monitor it appropriately. Class repeats monthly.

Relieve Your Stress - Through HeartMath, learn the impact that stress has on the body and a stress management technique to quickly stop the stress. At the same time create a physiological state that supports peak performance, increased mental clarity, and improvements in health and well-being. (Please Register Class is Free.)

Exercise Class Descriptions

Before your first exercise class please check-in at the Wellness Gym to complete a waiver and medical history. This is required for ALL patrons (SDCA patients and non-patients).

SilverSneakers® Circuit - "Tivity Health SilverSneakers® Fitness Program" Combine fun and fitness with this standing circuit workout designed to increase your cardiovascular and muscular endurance. You'll do upper-body strength exercises using hand-held weights, elastic tubes with handles and a SilverSneakers ball; plus, you'll get in a low-impact aerobic workout. A chair is used for standing support, stretching and relaxation exercises. (Non-gym member fee \$5.00/class.) Limit 16

SilverSneakers® Classic - "Tivity Health SilverSneakers® Fitness Program" Have fun and move to the music through a variety of exercises designed to increase muscle strength, the range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support. (Non-gym member fee \$5.00/class.) Registration is not required, first-come-first-serve. Limit 16

SilverSneakers® Yoga - "Tivity Health SilverSneakers® Fitness Program" Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (Non-gym member fee \$5.00/class.) Registration is not required, first-come-first-serve. Limit 16

Tai Chi - Tai Chi means balance, and by learning to practice, you can create a blend of spiritual and physical health. This program allows you to achieve a state of relaxation and improved health through meditative physical activity. Medical clearance required. Registration is not required, first-come-first-serve (Non-gym member fee \$5.00/class.) Limit 20

Yoga for the Heart: Yoga for the Heart-New studies show reduced frequency of atrial fibrillation with Yoga for the Heart. You will participate in deep-breathing exercises, yoga poses, imagery, meditation and progressive relaxation. Wear warm, soft clothing, bring a sweatshirt and be prepared to de-stress. Registration is not required, first-come-first-serve. Class limit is 20. Non-gym member \$5.00. **PLEASE bring a yoga mat if you own one.**

You do not need to be a patient at South Denver Heart Center to attend our classes.

To register go to www.southdenver.com or call 303.744.1065.

Class Handouts are located on www.southdenver.com under resources. * The schedule has been carefully created and checked for accuracy, however subject to change at any time. Please check our website for the most up to date listings.

1000 SouthPark Drive, Littleton, CO 80120 | 303-744-1065 | www.southdenver.com

