

February



1 **Wear Red Day**
2nd (Saturday)
Walk with a Doc
 SDHC-9-10:00 a.m.


4
SilverSneakers® Circuit
 9:00-9:45 a.m.
Tai Chi
 10:00-10:45 a.m.
Yoga for the Heart
 11:00-11:45 a.m.

5
SilverSneakers® Classic
 9:00-9:45 a.m.
SilverSneakers® Yoga
 10:00-10:45 a.m.
SilverSneakers® Classic
 1:00-1:45 p.m.

6
SilverSneakers® Circuit
 9:00-9:45 a.m.
Tai Chi
 10:00-10:45 a.m.
Yoga for the Heart
 11:00-11:45 a.m.

7
SilverSneakers® Classic
 9:00-9:45 a.m.
SilverSneakers® Yoga
 10:00-10:45 a.m.

8
Pulmonary Hypertension Support Group
 12:00 p.m.-1:00 p.m.
 (Must Register to Attend)

11
SilverSneakers® Circuit
 9:00-9:45 a.m.
Tai Chi
 10:00-10:45 a.m.
Yoga for the Heart
 11:00-11:45 a.m.
Diabetes/Pre-Diabetes
 11:00 a.m.-12:00 p.m.
Nutrition for Heart Failure
 1:30 – 2:30 p.m.

12
SilverSneakers® Classic
 9:00-9:45 a.m.
SilverSneakers® Yoga
 10:00-10:45 a.m.
SilverSneakers® Circuit
 1:00-1:45 p.m.

13
SilverSneakers® Circuit
 9:00-9:45 a.m.
Tai Chi
 10:00-10:45 a.m.
Yoga for the Heart
 11:00-11:45 a.m.
Nutrition Lecture– Why Am I So Tired? Part 2
 12:00-1:00 p.m.

14
SilverSneakers® Classic
 9:00-9:45 a.m.
SilverSneakers® Yoga
 10:00-10:45 a.m.



18
SilverSneakers® Circuit
 9:00-9:45 a.m.
Tai Chi
 10:00-10:45 a.m.
Yoga for the Heart
 11:00-11:45 a.m.
Anticoagulation Basics
 1:30-2:30 p.m.

19
SilverSneakers® Classic
 9:00-9:45 a.m.
SilverSneakers® Yoga
 10:00-10:45 a.m.
Beginner Tai Chi
 1:00-1:45 p.m.

20
SilverSneakers® Circuit
 9:00-9:45 a.m.
Hands-Only CPR Class
 (Must register to attend this class)
 9:30-10:45 a.m.
Tai Chi
 10:00-10:45 a.m.
Yoga for the Heart
 11:00-11:45 a.m.

21
SilverSneakers® Classic
 9:00-9:45 a.m.
SilverSneakers® Yoga
 10:00-10:45 a.m.

22

25
SilverSneakers® Circuit
 9:00-9:45 a.m.
Tai Chi
 10:00-10:45 a.m.
Yoga for the Heart
 11:00-11:45 a.m.

26
SilverSneakers® Classic
 9:00-9:45 a.m.
SilverSneakers® Yoga
 10:00-10:45 a.m.
Balance
 1:00-1:45 p.m.

27
SilverSneakers® Circuit
 9:00-9:45 a.m.
Tai Chi
 10:00-10:45 a.m.

28
SilverSneakers® Classic
 9:00-9:45 a.m.
SilverSneakers® Yoga
 10:00-10:45 a.m.



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.

February 13th Why Am I So Tired? Part 2 with Vicki Siegel. 10 Ways to Boost Your Energy: Running on empty? This class will explore ways to fill up your tank for some get up and go.

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,**

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.

Pulmonary Hypertension Support Group - Welcome Guest Today's guest speaker will be, Dan Schuller, MD from Baylor Scott & White Pulmonary and Critical Care Specialists in Dallas. His topic will be, Pulmonary hypertension and connective tissue disease **(Must register to attend this class, 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.

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

Nutrition for Heart Failure - 80% of all Americans are confused about what to eat and to have heart failure can make it even more confusing! Come and learn more about the foods that can help your condition as well as tips on what to avoid. This class is for patients, caregivers, family or anyone wanting more information! **Cost: Free (Offered every other month. - Please register for this class)**

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

Beginner Tai Chi – Tai Chi is the ancient Chinese art of movement meditation. Come and learn the basic moves and breathing techniques while improving your balance, coordination, and memory! (Non-gym member fee \$5.00/class.) Limit 20

Balance- About one-third of the elderly population over the age of 65 falls each year, and the risk of falls increases proportionately with age. At 80 years over half of the seniors fall annually. In this fun and interactive drop-in class, you will learn techniques to improve strength, coordination, and balance. Come in comfortable clothing and shoes, and be ready to move! (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 to 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

