



# UNDERSTANDING HEART DISEASE

**Join our monthly class**

## **Village Station**

**500 SE Cass Ave, Ste 100, Roseburg**

**11:30 AM - 12:30 PM**

**February 18** - Understanding Heart Health

**March 4** - Coronary Artery Disease

**April 1** - Hypertension

**May 6** - Irregular Rhythms

**June 3** - Heart Valve Disease

**July 8** - Heart Failure

- This class series is open to everyone
- Learn about baseline heart health, how one heart disease can lead to another, and what leads to heart failure
- Childcare is **not** provided
- Lunch will be provided
- If you are an Umpqua Health Alliance member, check with your insurance to find out if you qualify for transportation to this class

## **RSVP IS REQUIRED**

**to ensure enough food is available**

**Contact Arika in Cow Creek Public Health**

**(541) 900-9038 or [arika.tenbrook@cowcreek-nsn.gov](mailto:arika.tenbrook@cowcreek-nsn.gov)**