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# Heart Smart Understanding Cardiac Conditions

## HEALTHPRO REHAB TEAM PRESENTS: DISCOVERY SERIES TOPIC FOR OCTOBER

*The Discovery series are monthly educational programs that have been developed to facilitate residents in staying healthy, more active, and confident in their ability to enjoy life.*

Join us for an interactive discussion on healthy life style choices, day-to-day health, preventative measures to sustain healthy living, and a brief introduction to our *You CAN Teach an 'Old Dog' New Tricks* Series centered on incorporating wellness into daily living.

### TOPICS INCLUDE: FACTS ABOUT HEART DISEASE

- ✦ Symptoms and treatments for a heart attack
- ✦ Facts about Atrial Fibrillation
- ✦ What is Congestive Heart Failure?
- ✦ Basic Heart Anatomy
- ✦ How to reduce the risk for hospitalization
- ✦ Heart-smart Exercise



Speaker:  
Krikor  
Sarafian,  
OTR



Speaker:  
Alan Rosas,  
Clinical Exercise  
Physiologist

## EVENT DETAILS

THURSDAY, OCTOBER 10, 2019

From: 2:00pm – 3:00pm

at The Kensington  
245 West Sierra Madre Blvd.  
Sierra Madre, CA 91024  
(626) 355-5700



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