

Heart of the Family

2019 EDUCATIONAL SERIES

**Free Educational Programs for Patients
and Families of Cardiac Patients**

WellStar Acworth Health Park
4550 Cobb Parkway North NW
Acworth, GA 30101
770-917-8140

WellStar East Cobb Health Park
3747 Roswell Rd.
Marietta, GA 30062
470-956-0250

WellStar Vinings Health Park
4441 Atlanta Rd. SE
Smyrna, GA 30080
470-956-0350





The risk of heart disease and its associated risk factors are strongly linked to **family history**. WellStar's Heart of the Family program for family

members of cardiac patients offers preventive, wellness and counseling services to help you lower your risk of heart disease.

Know Your Heart

Know Your Heart is a preventive screening program designed to determine your risk of heart disease, stroke and other serious conditions. Call **770-956-STAR(7827)** for eligibility and to schedule an appointment.

Heart Fit Wellness Consult

A WellStar Cardiovascular Medicine Wellness Coach will provide a free session on strategies for a healthier lifestyle. Call **470-956-9651** for more information.

Heart Fitness Exercise Programs

Heart Fitness is a supervised health and fitness routine with an individualized plan to improve your cardiovascular health. Call **470-956-9651** for more information.

Cardiac Behavioral Health

A clinical psychologist can help you develop skills to address depression, anxiety, or stress management in order to decrease cardiac risk factors. Call **770-514-6760** to schedule an appointment.

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Understanding Heart Disease

Learn from a Cardiac Health Professional about Cardiovascular Disease, the warning signs of a heart attack, strategies for managing your own cardiac risk factors and how to navigate resources at WellStar to support your family's cardiac needs.

WellStar Vinings Health Park	January 30	12-1 p.m.
WellStar East Cobb Health Park	February 8	12-1 p.m.
WellStar Acworth Health Park	February 4	12-1 p.m.

Understanding Inflammatory Disease and Cardiovascular Disease

Do you have an autoimmune disease, such as Rheumatoid Arthritis or Lupus? Research suggests that people with autoimmune conditions have a significantly higher risk of developing Cardiovascular Disease. Although a higher risk exists, focusing on prevention by making smart lifestyle changes is key. Join WellStar for a presentation by a panel of wellness experts to learn how to control inflammation and decrease your risk for heart disease.

WellStar East Cobb Health Park	March 12	6:30-8 p.m.
WellStar Vinings Health Park	March 21	6:30-8 p.m.

Managing the Effects of Stress on Cardiovascular Disease

A class taught by a WellStar Cardiac Psychologist to help you understand the response of stress on the body, how it affects your risk of heart disease and how you may be able to better manage your and your family's stress as you navigate Cardiovascular Disease.

WellStar Acworth Health Park	April 29	12:30-1:30 p.m.
WellStar East Cobb Health Park	May 3	12-1 p.m.
WellStar Vinings Health Park	May 15	12-1 p.m.

Pediatric Cardiology

Please join one of WellStar Cardiovascular Medicine's Pediatric Cardiologists for an opportunity to better understand the effects of high blood pressure and high cholesterol and your child. Learn strategies for managing both and improving the overall cardiovascular health of your whole family.

WellStar Acworth Health Park	July 25	6:30-7:30 p.m.
WellStar Vinings Health Park	July 9	6:30-7:30 p.m.

Heart Failure Academy

Join a clinical team member from the Heart Failure Academy for an all-in-one class on caring for your loved one with heart failure including the signs and symptoms, the importance of weighing daily and exercise techniques for the heart failure patient.

WellStar Acworth Health Park	August 26	1-2:30 p.m.
WellStar Vinings Health Park	September 4	1-2:30 p.m.

Cardiac Caregiving Support

Are you a caregiver to a patient with Cardiovascular Disease? Come learn from a Cardiac Psychologist about the strategies for caring for yourself and take part in some meditation as a way to practice self-care.

WellStar East Cobb Health Park	October 18	12-1 p.m.
WellStar Vinings Health Park	October 23	12-1 p.m.

Cardiovascular Diet Fads

As the holidays and a New Year approach, learn strategies from a Registered Dietitian for maintaining a healthy weight while learning the ins and outs of the latest diet trends. Bring the questions you've always wanted to ask.

WellStar Acworth Health Park	December 9	12-1 p.m.
WellStar East Cobb Health Park	December 13	12-1 p.m.
WellStar Vinings Health Park	December 4	12-1 p.m.

TO REGISTER FOR A CLASS, CALL 770-956-STAR(7827)