



GOOD SAMARITAN
MEDICAL CENTER

**Cardiac & Pulmonary
Rehabilitation**
1015 NW 22nd Avenue, Room 336
Portland, Oregon 97210
(503) 413-6723

Wednesday Lecture Schedule

Spring 2014

March 26th

Hands-Only CPR

April 2nd

The Truth Behind Those Food Labels

April 9th

Preserve Your Sense of Balance: Strengthen Your Core

April 16th

Not All Fats Are Created Equal

April 23rd

Cardiac Medications: What Do You Need to Know?

April 30th

Eat Smart When Dining Out

May 7th

After A Heart Event: Beyond Your Physical Recovery

May 14th

Understanding CAD and Stroke



GOOD SAMARITAN
MEDICAL CENTER

**Cardiac & Pulmonary
Rehabilitation**

1015 NW 22nd Avenue, Room 336
Portland, Oregon 97210
(503) 413-6723

Wednesday Lecture Schedule

Spring 2014

May 21st

Carbs: The Secret to Heart Health?

May 28th

Know Your Numbers– Part 1

June 4th

Know Your Numbers– Part 2

June 11th

Eat More to Weigh Less

June 18th

The Super Drug

June 25th

No More Excuses

July 2nd

Sodium: How Much is Too Much?

July 9th

Sleep Your Way to Better Heart Health

July 16th

Stress Management