Living Heart Healthy Class
Lower your risk of heart attack or stroke

This class is designed to teach members to lower their risk for heart attack and stroke through heart-healthy lifestyle changes, including healthy eating and taking blood pressure at home. 

Not recommended for patients with heart failure or patients recovering from a heart attack or stroke.

When: 2nd Monday, offered 4 times a year
Time: 9:30am-11:30am or 3pm-5pm
Location: 2238 Geary Blvd, 4th fl, Lapis Rm
No fee for members

Register TODAY! Call 415-833-3450 or email sfhealthed@kp.org

PROVIDERS direct book via eConsult PRC: San Francisco-Health Education-Heart Health

For more information kp.org/sanfrancisco/healthed