



Cardiac Pulmonary Rehab
ALUMNI, INC.

Healthy Hearts and Lungs Seminar

**FRIDAY,
AUGUST 17**

9:30 a.m. - 1:30 p.m.

Art Circle Library
3 East Street
Crossville, TN 38555

Education is the best medicine when it comes to prevention. Whether you are protecting your health before or following a health diagnosis, please join us to learn how to keep your hearts and lungs healthy.

Guest Speakers:



COPD UPDATE

Stephanie Williams, RT
COPD Foundation



HEART FAILURE MANAGEMENT

Vianney Villaruz, MD
Cardiologist
Crossville Medical Group



STROKE SIGNS AND SYMPTOMS

Jonathan Martin, MD
Emergency Medicine
Cumberland Medical Center

Session will also include:

- ♥ Eating Healthy with Linda Brown, RD
- ♥ Staying Active & Cardiac Rehab with Jeremy Backstrom, RN
- ♥ Lung Function Screenings
- ♥ Blood Pressures
- ♥ Glucose Finger Sticks

The seminar is **free of charge** and includes a lunch; however reservations are requested. Reserve your spot to attend by calling (931) 459-4262.

Cardiac Pulmonary Rehab Alumni, Inc. is a Cumberland County 501(c) 3 focused on assisting needful residents receive cardiac pulmonary rehabilitation while providing healthy life style education.

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