

*Free and Open to Everyone!*



Sutter Delta  
Medical Center

*With You. For Life.*



Friends and family members are welcome!

Taking charge of your

# Heart *is* a BEGINNING!

*Sutter Delta Medical Center's*  
**Healthy Hearts Class** will help you understand and control  
your heart disease or hypertension throughout your life.

**WEDNESDAY 6:00 – 8:00 pm**

This four-session class will cover:

- \* Understanding Your Heart
- \* Taking Care of Yourself
- \* Managing Your Medications
- \* Healthful Living
- \* Avoiding Complications



Sutter Delta Medical Center 3901 Lone Tree Way, Antioch

at the Edna Fallman Education Center

(Across the parking lot from the Emergency Department)

*Pre-registration is required. For more information and to sign-up call 925.779.3613*



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Delta Memorial Hospital Foundation