

# Smart Hearts

A support group for individuals with heart failure,  
heart attack survivors, and those who love them



**Take the first step toward heart health. Be a Smart Heart!**

**5:30 p.m., first Tuesday of every month  
HealthPlex Conference Room 1**

- ▶ Informal education with presentations and demonstrations ◀
- ▶ Group discussion and support ◀



**NORMAN  
REGIONAL**  
HealthPlex

# Smart Hearts 2020

Informal educational presentations,  
demonstrations, group discussion and support

- **February 4, 2020**  
**Just Breathe**  
**Survival Skills for Daily Living**  
Viki Powell, Clinical Education Specialist
- **March 3, 2020**  
**Get Stroke Smart**  
Medical Director of the NRHS Stroke Center
- **April 7, 2020**  
**Exercise for Your Heart**  
Hannah Miller, Exercise Physiologist  
Olivia Henderson, Exercise Physiologist  
Cardiopulmonary Rehabilitation
- **May 5, 2020**  
**Keeping Your Heart Mentally Healthy**  
NRHS Senior Counseling Center
- **June 2, 2020**  
**Know Your Medications!**  
**Keeping your med list up to date**  
Betsy Nelson, Clinical Pharmacist
- **July 7, 2020**  
**Emergency Readiness**  
Eddie Simms, EMSSTAT
- **August 4, 2020**  
**Tai Chi**  
**Moving Meditation for Wellness**  
Starla Boyd, The Health Club
- **September 8, 2020**  
**Heart Healthy Eating**  
Laura Hedrick, MS, RD, LD, Clinical Dietician
- **October 6, 2020**  
**Emotional Hearts**  
Susan Beam, Pastoral Care
- **November 3, 2020**  
**Sweet Dreaming For Your Heart Health**  
Alexis Stinnett, APRN, Oklahoma Sleep  
Associates
- **December 3, 20**  
**Living With Heart Disease**  
Juliet Franklin, APRN, Norman Heart  
and Vascular Associates