

## How can this program help me?

- Provides you with tools and resources to help manage and control your blood pressure and cholesterol
- Learn about your blood pressure and cholesterol medications
- Learn how to monitor and control your blood pressure
- Learn about lab tests your provider may check to monitor your cholesterol
- Discover ways to help balance your nutrition and activity
- Find out how eating habits affect your cholesterol and blood pressure
- Gain understanding of complications of heart disease

## How can I join?

Your primary care provider can refer you to the program or you can request to join. A small co-payment may apply.

For more information, please contact:

**Kim Buzenberg, NP**  
**(734) 769-7100 ext 53045**

**VA Ann Arbor Healthcare System**  
**2215 Fuller Road**  
**Ann Arbor, Michigan**  
**(734) 769-7100**



# Cardiac Risk Reduction Group



Ann Arbor ♦ Flint ♦ Jackson ♦ Toledo



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## **What is Cardiac Risk Reduction?**

You are at risk for problems such as heart attack or stroke if you have any of the following:

- Heart disease
- High blood pressure
- High cholesterol

You may reduce the risk of these problems by learning how to:

- Eat healthy
- Increase activity
- Monitor your blood pressure and cholesterol
- Take your medications as directed

This class offers basic education, tools and resources to help keep your heart healthy.

## **What does the group class offer?**

For the first part of the session, the group will learn about topics such as:

- Heart healthy foods
- Exercise
- Medications

For the second part of the class, you will have an opportunity to talk one-on-one with a healthcare professional about your medications, lifestyle changes and lab values.

## **Who leads the group class?**

Sessions are led by a team of healthcare professionals including nurses, pharmacists, psychologists and dietitians.

## **When does the group class meet?**

The 90 minute group class is scheduled on the 2<sup>nd</sup> Monday of each month from 1:30 pm – 3:00 pm. Please call Kim Buzenberg, NP at (734) 769-7100 ext 53045 to register for the program, or for any additional information.

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