

Congestive heart failure education and support

This flyer is to provide you with information related to congestive heart failure. These classes and support groups are offered through Samaritan Health Services. If you would like more information, please visit the website at www.samhealth.org.

Cardiovascular health & prevention programs

Learn ways of maintaining a healthy heart and preventing problems.

Albany: 541-812-5441

Corvallis: 541-768-4538

Lebanon: 541-451-7888

Newport: 541-574-4886

Heart Health Lectures

Education and emotional support for people who have had heart attacks or bypass surgery or for those who simply want to know more about heart disease.

Albany: 541-812-5441

Corvallis: 541-768-5323

Lebanon: 541-451-7888

Newport: 541-574-4856

Lincoln City: 541-996-7160

Living well with chronic conditions

This six-session workshop helps people with chronic conditions learn how to take control of their health. Participants build skills and confidence for managing health, staying active and enjoying life.

This class is for adults who have diabetes, heart disease, high blood pressure, arthritis, asthma, COPD or any other chronic condition. Participants will learn how to:

- Manage medications
- Fight fatigue
- Fight frustration
- Deal with depression
- Start a physical activity program
- Eat well
- Manage stress
- Help control pain
- Handle emotions
- Meet goals

Online classes may be available. Call for more information.

Linn, Benton, and Lincoln Counties: 541-768-6070

Oregon Quit Line

1-800-QUIT-NOW

or 1-800-784-8669

Español: 1-877-2NO-FUME

or 1-877-266-3863

TTY: 1-877-777-6534

www.oregonquitline.org

Smokefree.gov

1-877-44U-QUIT

or 1-877-448-7848

www.smokefree.gov (Offers live chat help)

Some classes and programs may charge a fee. Fees may be covered by your health insurance. If you would like to talk with a Customer Care Representative, please call Samaritan Health Plan Operations at 1-800-832-4580. If you have a hearing or voice problem, you can use Oregon Relay Service by calling TTY 1-800-735-2900.

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