



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **heart health** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Classes

Hypertension Class

Alameda County Chronic Disease Program

This class series covers the basics of blood pressure, nutrition, physical activity, and medicines.

Various cities (In-person, online)

4-week class series, two (2) hours each class

Phone Number: **1.510.383.5185**

acphd.org/diabetes/hypertension

My Heart's Content

Stanford Health Care – Tri-Valley Cardiac Rehabilitation

Lecture series for people who are newly diagnosed or may be at risk for heart disease. Call or email to enroll.

1119 E. Stanley Blvd., Livermore (Online)

1st & 2nd Wednesdays every other month, 12:30 pm – 2:30 pm

Phone Number: **1.925.373.8094**

Email: Nicki Brown at **abrown1@stanfordhealthcare.org**

Stroke Support Groups

Washington Hospital Stroke Program

For stroke survivors, their families, and caregivers.

2500 Mowry Ave., Fremont (Online)

4th Tuesday of each month, 1:30 pm – 2:30 pm

(No meetings in November or December)

Phone Number: **1.510.818.5080**

www.whhs.com/about-us/community-connection/support-groups

Stanford Health Care – Tri-Valley

For stroke survivors, their families, and caregivers.

Last Monday of each month, 2 pm – 3 pm (Online)

Phone Number: **1.925.416.3619**

stanfordhealthcare.org/tri-valley/support-groups.html

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

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We hope these classes will help meet your health needs.

Best of Health,
Alliance Health Programs