



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

Toll-Free: **1.877.932.2738**

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 recent interest in **heart health** classes. Listed below are class and website resources. The class is **no cost** to you as an Alliance member. To learn more or sign up, please call the program. Let them know you are an Alliance member and have your Alliance ID card number ready.

Alameda County Hypertension Program

San Leandro and other sites

4-week group classes, 2 hours per class.

Phone Number: **1.510.383.5185**

acphd.org/diabetes/hypertension

Helpful Websites

www.kidshealth.org – Heart Disease in Children: search **Heart Disease**, in English and Spanish.

www.goredforwomen.org – Women and Heart Disease, in English and Spanish.

www.heart.org - American Heart Association: select **Healthy Living**.

To find out if your class offers interpreting services, or to make a request, please call the Alliance Member Services Department at **1.510.747.4567**. We hope these classes will help meet your health needs.

Best of health,

Alliance Health Programs