

BPRD heart health week



February 10 - 14

Free Health & Wellness sessions & activities throughout the week

Monday, February 10

Building Stronger Hearts Together

Our Group Fitness Instructors will highlight the heart health benefits of their modality throughout their classes

Juniper Swim & Fitness Center | 800 NE 6th St.

Tuesday, February 11

Heart Smart: Exercise Intensity Guidance with Joe Beckerley

Tuesday, Feb. 11, 1:30 - 2:30 pm (Pilates Studio)

February 11, 12 & 13

Instructor-led Heart Rate Training Protocol

Participating Cycle Classes (Cycling Studio)

Tuesday, Feb. 11: 5:45 am & 12:15 pm

Wednesday, Feb. 12: 5:30 pm

Thursday, Feb. 13: 9:15 am

Larkspur Community Center | 1600 SE Reed Mkt Rd.

Wednesday, February 12

Heart Health 101 with Amy Reed, RN, BSN, MSN

12:00 - 1:00 pm (Classroom A)



Thursday, February 13

Heart Health & Aging Presented by Dr. Bulkley, MD/DO

11:00 - 1:00 pm (Multipurpose Room)



Calm Your Heart with Guided Meditation & Breathwork with Carolyn Candela

5:45 - 6:45 pm (Community Room)

Thursday – Friday, February 13 - 14

Know Your Numbers to Help Reduce Your Risk of Developing Heart Disease

♥ **FREE Body Composition Assessment** (Pre-registration Required)

10:00 am - 12:00 pm: Thursday (Classroom 2) / Friday (Classroom 3)

Limited spots available. Register online, [beginning Feb. 1](#), with activity#: 115680

♥ **FREE Blood Pressure Checks with Partners in Care** (Drop-in)

Drop in, 10:00 - 11:00 am (Hallway outside of Classroom A)

Friday, February 14

Calm Your Heart with Guided Meditation & Breathwork with Brandy Berlin

2:30 - 3:30 pm (Mind Body Room)

See reverse for session descriptions.

w. bendparksandrec.org/hearthealth

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play for life

BPRD heart health week



We're excited to offer these **free** heart-healthy activities and sessions in collaboration with local community partners

Session Descriptions

Juniper Swim & Fitness Center | 800 NE 6th St.

Monday, February 10

Building Stronger Hearts Together

Our group fitness instructors will highlight the heart health benefits of their modality throughout their classes and celebrate with you your commitment to overall health and wellbeing.

Tuesday, February 11

Heart Smart: Exercise intensity guidance with Joe Beckerly, 1:30 - 2:30 pm

Exercise intensity plays a crucial role in achieving optimal health, as it directly impacts how the body adapts and improves over time. Heart rate training provides a personalized, science-based approach to guide exercise intensity, ensuring that workouts are effective, safe, and aligned with your individual fitness goals. Learn how to target your exercise intensities to help reduce risk of injury, support cardiovascular health, fat loss, and improved overall fitness.

February 11, 12 & 13

Instructor-led Heart Rate Training Protocol (See online schedule for participating classes)

Classes designed to help you discover your optimal training zones while delivering a challenging and energizing workout to improve your fitness and health.

Larkspur Community Center | 1600 SE Reed Mkt Rd.

Wednesday, February 12

Heart Health 101 Presented by St. Charles Health System, 12:00 - 1:00 pm

Join Amy Reed from St. Charles Health System to learn how to improve your heart health while developing new coping skills to prevent or manage cardiovascular conditions. What you will gain:

- Basic Knowledge on the Heart - how it works (and when it doesn't)
- Fun Heart Facts
- Recognizing Signs and Symptoms of Heart Attack
- Heart Health Nutrition and specific foods that enhance your cardiovascular health
- Tips on getting heart-healthy foods into your diet
- Learn everyday skills to enhance your cardiovascular health

Thursday, February 13

Exercise & Aging Presented by Mosaic Community Health, 11:00 am - 1:00 pm

Join Dr. Bulkley for a discussion on cardiovascular risk factors as well as the role of diet and exercise as it relates to cardiovascular health.

Guided Meditation & Breathwork with Carolyn Candela, 5:45 - 6:45 pm

Meditation is shown to activate the "rest and digest" functions in our body and reduce the "flight or fight" responses, and practicing slow, deep breathing for just a few minutes a day can help lower blood pressure, potentially reducing systolic blood pressure (the first number in your reading) by up to 10 points (Harvard Health Publishing. (2023, Sept. 1). *Breathing Exercises to Lower Your Blood Pressure*. <https://www.health.harvard.edu/heart-health>)

Thursday, February 13 & Friday, February 14

Blood Pressure Checks by Partners in Care, 10:00 – 11:00 am

Hypertension (aka high blood pressure) is often referred to as the "silent killer" because it has no warning signs and can lead to life-threatening conditions like a heart attack or stroke. Our friends from Partners in Care will be on hand to take your blood pressure and show you how easy self-monitoring can be.

Body Composition Assessment, 10:00 am - 12:00 pm (Pre-registration required. Begins 2/1)

Knowing your body fat percentage can be helpful when assessing your overall health. Too much body fat can increase your risk of developing certain types of cancers, diabetes, heart disease, and other health issues.

See reverse for session schedule.

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