

## **Heart Classes, Clubs, and Programs**

### **Healthy Heart Express at Gettysburg**

Casual, informative, and fun. Join us for this free program to explore the most recent information and recommendations on heart healthy eating. To inquire about upcoming classes and register, call 1-800-840-5905

### **Women's Heart Program**

Heart Risk Screening (For women 35+)

WellSpan Women's Center  
(Apple Hill Health Campus)  
35 Monument Rd. - York, PA  
(717) 851-6000

Registration is required.

Heart disease continues to be the leading cause of death in women. Reserve a 30-minute, one-on-one consultation with a nurse specializing in preventive cardiac health to discuss your individual risk factors.

Participants will receive a non-fasting total cholesterol screening, individualized risk factor evaluation, blood pressure and nutrition analysis.

### **York Hospital Women's Heart Program**

Preventive Cardiology  
1575 Bannister St. - Suite 7  
York, PA 17404

### **Zipper Club**

Country Meadows of Leader Heights  
American Heart Association  
2760 Pine Grove Rd.  
York, PA 17403  
(717) 246-9661

### **York Hospital Outpatient CHF Program**

Anti-Coagulation  
Apple Hill Medical Center  
25 Monument Rd.  
Suite 199  
York, PA 17403  
(717) 851-6000

### **Heart Healthy Eating Class**

Elmwood Mansion  
400 Elmwood Blvd.  
York, PA 17403  
(717) 849-5462

### **Healthy Heart Express**

Classes are free to the public, but registration is necessary!  
Please contact Cardiac Rehabilitation at (717) 741-8280 to make a reservation.  
All classes are held at Apple Hill in Suite 193

### **Heart Class shopping tour**

Local Grocery Store  
For more information call:  
(717) 849-5462

### **Heart to Heart Club**

Hanover community Health & Education Center  
400 York St.  
Hanover, PA 17331  
(717) 633-2158

### **Choose to Change Program**

WellSpan Adams Health Center

(Gettysburg, PA)

Wednesdays, June 17 – July 22 (6:00-7:30 p.m.)

Registration required: \$60.00 for six-week series / Insurance may cover some or all of series.

(717) 812-4091

### **Choose to Change Program**

Apple Hill Medical Center, Suite 193

(York, PA)

Saturdays, 7/11– 7/22 (9:30-11:00)

Registration required: \$60.00 for six-week series / Insurance may cover some or all of series.

(717) 812-4091

Choose to Change Program is designed to help attendees set goals and develop an action plan to improve one's lifestyle or chronic condition, health and mental well-being.

### **Chair Aerobics Fitness Class**

Tailored for those with pulmonary or cardiac restrictions. It can also be helpful to individuals in physical rehab stages, those with weight loss concerns, as well as women in late stage pregnancy. Uses modified aerobic exercises to promote good cardiovascular fitness from a sitting or standing position. For additional information, call (717) 633-2159.

Hanover Hospital

Hanover HealthCarePLUS Network

300 Highland Avenue

Hanover, PA 17331

(717) 637-3711

Toll-Free 1-800-673-2426

## **Heart Disease Support Groups**

### **Cardiac Rehab Support Group**

For those with heart-related health programs and their families and friends.

For information, call (717) 633-2158

Hanover Hospital Hanover

HealthCarePLUS Network 300

Highland Avenue Hanover,

Pennsylvania 17331 (717) 637-3711

Toll-Free 1-800-673-2426

## **Heart Disease Information and Resources**

### **Gettysburg Hospital Heart Center**

147 Gettys Street

P.O. Box 3786

Gettysburg, PA 17325

(717) 337-4177

### **Wellspan Cardiovascular Service**

**Line Clinical Dietitian**

(717) 337-4107

### **American Heart Association York**

140 Roosevelt Ave.

Suite 208

York, PA 17401

(717) 843-7541

## **Heart Disease Websites**

<http://www.heart.org>

<http://www.mayoclinic.com/health/heart-disease/HB99999>

<http://www.nlm.nih.gov/medlineplus/heartdiseases.html>

<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

<http://www.womenshealth.gov/faq/heartdis.htm>

<http://www.webmd.com/heart/>

<http://www.wellspan.org/default.cfm?id=6&action=detail&AEProductID=HealthVisionArticles&AEArticleID=healthtopics/heartdisease>

[www.heartcheckmark.org](http://www.heartcheckmark.org)

[www.deliciousdecisions.org](http://www.deliciousdecisions.org)

[www.heartlibrary.com](http://www.heartlibrary.com)

[www.cdc.gov/heartdisease/](http://www.cdc.gov/heartdisease/)

[www.womensheart.org](http://www.womensheart.org)

## **Anticoagulation Services**

### **Brockie Internal Medicine**

924B Colonial Avenue  
York, PA 17403  
(717) 845-8623

### **Dallastown Family Medicine**

755 South Pleasant Avenue  
Dallastown, PA 17313  
(717) 851-1300

### **Preventive Cardiology Site**

1575 Bannister St.  
Suite 7 York, PA 17404  
(717) 851-6000  
(717) 851-1665

### **Stony Brook Family Medicine**

4222 Lincoln Highway  
York, PA 17406  
(717) 812-2050

### **York Hospital Community Health Center**

605 South George Street  
Suite 200  
York, PA 17401  
(717) 851-2334

### **Yorktowne Family Medicine**

1575 Bannister Street - Suite 1  
York, PA 17404  
(717) 812-2000