

Let's Talk

Heart, Body, and Soul



THE UCLA WOMEN'S
CARDIOVASCULAR CENTER



Boston Scientific's *Close the Gap* initiative reflects the company's commitment to promoting health equity in partnership with committed healthcare providers, and is focused on raising awareness and increasing access to healthcare for under treated patient communities across the United States. Close the Gap works in partnership with healthcare organizations through targeted education to impact: 1) Patient CV Disease Awareness and Treatment Options targeting higher risk and undertreated patient populations who need advanced CV therapy by providing ethnic and gender specific educational resources. 2) Access to CV Care through identification of new and existing patients who need advanced therapy. Focus on educating referring HCPs in the community. Screen targeted patient populations and refer to the appropriate HCP. 3) Quality of Outcomes through the creation of resources to increase adherence to quality measures and improve patient care. www.your-heart-health.com/content/close-the-gap/en-US/home.html



Our mission: To improve the health and quality of life of women living with, or at risk of heart disease, and to advocate for their benefit. The WomenHeart West LA support group, a peer led support group that meets monthly at UCLA. www.womenheart.org/page/Support_CANetwork

UCLA Cardiovascular Center Nurses

Free Blood Pressure, Cholesterol, Glucose and BMI screenings beginning at 9am! Make this your first stop, before enjoying our heart healthy menu treats! Please share screening results with your personal health care provider as they are for informational purposes only.

UCLA Cardiopulmonary Rehabilitation

Providing a comprehensive approach to cardiac and pulmonary rehabilitation utilizing a multidisciplinary team of professionals including registered nurses, registered respiratory therapists, a licensed psychologist, certified exercise therapists, and registered dietitians under the supervision of our medical directors. www.uclahealth.org/rehab/cardiopulmonary-rehab



A private cooking school based on the philosophy that anyone can learn to cook! Offering cooking classes recipes, videos, guidance for healthy living, and of course - spiels! We believe love is the most essential ingredient - sharing good food is a vehicle to a nicer planet! Our recipes reflect a unique crossroads between authentic country Italian cuisine and the healthy practices of California – resulting in a simple rustic fare that prioritizes flavor and indulgence. <https://mealandspiel.com/>



UCLA People-Animal Connection (PAC) is one of the most comprehensive Animal-Assisted Therapy and Activity (AAT/A) programs in the nation. PAC volunteer teams (consisting of the canine and his/her human partner) offer companionship and warmth to more than 1,000 critically ill children and adults per month. Since its inception in 1994, PAC teams have recorded more than 120,000 in-patient visits, as well as hundreds of thousands unrecorded visits to families and guests to UCLA medical centers and community events. <https://www.uclahealth.org/pac/>



UCLA Semel Institute Late-life Mood, Stress, and Wellness Research Program

Our "Late- Life mood, stress and wellness research program" collaborates with the Women's Center cardiology clinic on the study of yoga versus memory training for women 50 y.o. and older with subjective memory complaints. The program also studies the use of Tai Chi for depression in older adults, and conducts studies of treatment resistant depression in aging adults. <https://www.semel.ucla.edu/latelife>



UCLA ECHOS

- Early Cardiovascular Health Outreach SMS (ECHOS)

Designed to educate, encourage and empower adolescents and young adults to take charge of their heart health! Our weekly text messages are tools to help promote changes in lifestyle behaviors early in life to prevent heart disease later in life. ECHOS provides information on cholesterol, diabetes, exercise, stress, and sleep directly to cell phones.

<https://www.uclahealth.org/heart/women/early-cardiovascular-health-outreach-sms-echos>



Ornish Lifestyle Medicine

UCLA Ornish Lifestyle Medicine heals hearts and transforms lives. UCLA Ornish Lifestyle Medicine is the only program scientifically proven to prevent, stop and even reverse heart disease by helping participants make significant lifestyle changes.

<https://www.uclahealth.org/lifestyle-medicine/>

UCLA Teen Heart Health Program



UCLA Teen Heart Health

The mission of the Teen Heart-Health Initiative is to share AHA-approved heart-health information with youth and teens around the world, with the aim to empower life-long heart-health habits and save as many future lives as possible, in the long-term.

<https://www.uclahealth.org/heart/women/teen-heart-health>



UCLA Mindful Music

Founded in 2014, Mindful Music shares the health benefits of music through live performance, education, and research. As part of the UCLA Semel Institute for Neuroscience & Human Behavior and the UCLA Healthy Campus Initiative, Mindful Music is dedicated to spread the power of live music into places of learning, working, and healing on a global level.

<https://www.mindfulmusic.semel.ucla.edu/>

UCLA Mindful Awareness Research Center

UCLA Mindful Awareness Research Center (MARC) offers classes and workshops to the general public, teaching skills of mindfulness across the lifespan, fosters and publicizes research to support scientific benefits of mindful awareness, brings mindfulness to professionals through UCLA's medical education program, and offer mindfulness tools and classes to support mental health professionals.

<https://www.uclahealth.org/marc/default.cfm>

UCLA Center for Prehospital Care

Heart Saver First Aid with CPR. Each year, over 12,000 students participate in our life-saving programs in the areas of CPR, first aid, basic and advanced life support, and professional EMS education for paramedics and emergency medical technicians. In just a few hours, you can learn some of the most important skills of these professional first responders, enabling you to treat everyday injuries, or even save the life of a child, family member, or friend.

<https://www.cpc.mednet.ucla.edu/course/heartsaver-first-aid-cpr>



Unplug Meditation, the world's first drop-in, secular meditation studio, opened its doors in April of 2014. Our wide variety of simple and eclectic classes are led by the top experts and some of the best meditation teachers in the country. We edited the practice of meditation to make it interesting, inspirational and easy for everyone from busy skeptics to modern soul-seekers. Our mission is to make it effortless to learn, and to inspire you to pause, breathe and unplug daily. When you experience the powerful effects, including deleting stress, increasing productivity, finding your purpose in life and becoming calmer, healthier and happier, you get hooked! <https://www.unplug.com/>

*THANK YOU FOR JOINING US!
PLEASE COMPLETE A COMMENT CARD
AFTER OUR EVENT, IN ORDER TO ASSIST
US IN PLANNING FUTURE EVENTS FOR YOU!*

*WE HOPE THAT YOU HAVE ENJOYED OUR
HEART-HEALTHY, WHOLE BODY, MIND AND SOUL
EXPERIENCE AND IT HELPS IMPROVE YOUR
LIFE & OVERALL HEALTH CHOICES.*