



## Des Moines WomenHeart Programs for the 2007-2008 Year

Meetings are held at 6:30 p.m. at Plymouth Congregational United Church of Christ, 4126 Ingersoll Ave., Des Moines, IA unless indicated otherwise. The meetings are open to all women who have heart disease and represent a safe place to exchange information and feelings. The meeting serves as an educational forum about heart disease and its treatments. We do not give medical advice.

- **September 20, 2007**                      **911 When and Why – Randy Rees, DMFD**
- **October 18, 2007**                        **Channeling Emotions- Vicki Williams**
- **November 15, 2007**                      **Staying Motivated- Denise Murray Edwards  
APRN, BCMA, M.ED, MTS**
- **December 20, 2007**                      **Holiday Dinner and Courage Workshop**
- **January 17, 2008**                        **Health Legal Issues- Sam Braland, Attorney**
- **February 21, 2008**                      **Special Event for Heart Month (TBA)**
- **March 20, 2008**                         **Update Health Advocacy Issues /2008 Elections**
- **April 17, 2008**                         **Exercise, Exercise, Exercise/Adapted For You**
- **May 15, 2008**                            **Tai Chi/ Kick Off Summer Reading Program**
- **June 19, 2008**                          **Book Club\***
- **July 17, 2008**                          **Book Club\***
- **August 21, 2008**                        **Book Club\***

\*During the summer months we will not have regular programs at our meetings but will have a book club discussion for those interested. During the rest of the year there will also be a book club for those interested either before or after our regular meeting time.

Questions? Call DeArra Foster 278-4318 or Carol Spence 515-402-9290  
Email: dearra@gmail.com OR carspe929@yahoo.com