



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

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 interest in **heart health** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Classes

My Heart's Content

Stanford Health Care – Tri-Valley Cardiac Rehabilitation

Lecture series for people who are newly diagnosed or may be at risk for heart disease. Call or email to enroll.

1st & 2nd Wednesdays every other month, 12:30 pm – 2:30 pm (Online)

Phone Number: **1.925.373.4637**

Email (Nicki Brown, Team Lead): **abrown1@stanfordhealthcare.org**

Stroke Support Groups

Washington Hospital Stroke Program

For stroke survivors, their families, and caregivers.

4th Tuesday of each month, 1:30 pm – 2:30 pm (Online)

(No meetings in November or December)

Phone Number: **1.510.818.5080**

www.whhs.com/about-us/community-connection/support-groups

Stanford Health Care – Tri-Valley

For stroke survivors, their families, and caregivers.

Last Monday of each month, 2 pm – 3 pm (Online)

Phone Number: **1.925.724.9360**

Email (Janis Emery, Nurse Coordinator): **VCstrokesupport@stanfordhealthcare.org**
stanfordhealthcare.org/tri-valley/support-groups.html

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,
Alliance Health Programs

Enclosed:

- Notice of Nondiscrimination
- Language Assistance Services

[Please include this statement for Alliance members with Medi-Cal Coverage: The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. You can call the Ombudsman Monday through Friday, between 8:00 a.m. and 5:00 p.m. at 1-888-452-8609.]