



Senior Provider Information Network

Portland Metro Area

www.spinportland.org

Heart Disease – Focus on Prevention

Date: **May 21, 2018**

Time: **3:00-5:00pm**

Location: **Providence Base Camp**
9427 SW Barnes Rd
Portland, OR 97225

Phone: **(503) 216-0880**

--1.0 CEU applied for from Oregon Health Licensing Office--

**If you plan to attend, let us know at “RSVP Now!” on the SPIN website*
www.spinportland.org
(This is important for speakers copying handouts and facilities preparing refreshments!)**

Focus on Prevention: Heart disease remains the #1 cause of death in the United States and generates the highest health care costs overall. But it turns out that 80% of heart disease is preventable by living a healthier lifestyle. During this presentation, we will explore the 80% Opportunity as well as strategies for approaching the challenges of behavior change for our patients as well as ourselves.

[James Beckerman, M.D.](#) is a cardiologist at Providence Heart Institute and medical director of Play Smart Youth Heart Screenings, the largest youth heart screening program in Oregon. He serves as medical director of prevention and wellness for the Providence Heart Institute in Oregon, and directs the cardiac rehabilitation program at St. Vincent Medical Center. He is the team cardiologist for the Portland Timbers Major League Soccer team and serves on the Sports and Exercise Leadership Council for the American College of Cardiology.

[Parking Instructions](#) – Park in the parking structure in spaces available for visitors.

Please Forward and/or Post This Invitation for Others Who May be Interested