

# 2026 Healthy Heart Class Schedule



January 22, 2026	Mindful Eating for a Healthy Heart	Alyssa Rocha, RDN
February 18, 2026	Congestive Heart Failure & Atrial Fibrillation	Brittany Albaugh, RN, CHFN, CCRN
March 25, 2026	Risk Factors and Heart Disease	Andrew Stuck, RN
April 16, 2026	Mindful Eating for a Healthy Heart	Alyssa Rocha, RDN
May 20, 2026	Stroke and Cardiac Risk Factors	Ryan Diaz, RN
June 17, 2026	Q&A: All Things Heart & Health	Sara Floyd, RN, BSN
July 23, 2026	Mindful Eating for a Healthy Heart	Alyssa Rocha, RDN
August 19, 2026	Congestive Heart Failure & Atrial Fibrillation	Brittany Albaugh, RN, CHFN, CCRN
September 16, 2026	Exercise your Heart	Valerie Floyd, RN, BSN
October 21, 2026	Cardiovascular Disease & Cardiac Interventions	Raylene Bringas, RN BSN, CCRN
November 12, 2026	Mindful Eating For a Healthy Heart	Alyssa Rocha, RDN

**Classes will be held Wednesdays and Thursdays from**

**4:30 p.m.-6:00 p.m. on the above dates**

**Location: SCHUE Family Conference Room (2<sup>nd</sup> Floor)**

**1100 San Bernardino Rd.**

**Upland, CA 91786**