



Portneuf Medical Center
651 Memorial Drive, Pocatello, ID 83201
1-208-239-1000, www.portmed.org

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Contact: Brad Huerta
Director of Public Affairs
Portneuf Medical Center
208-239-1052
208-251-2768 (C)

Community Classes on Heart Health and Insulin Resistance to be held at Pocatello Cardiology

Pocatello, ID (October 13, 2010) – **Pocatello Cardiology will offer classes throughout October and November on Heart Health and Insulin Resistance.** The community classes are \$5.00 per person or \$5.00 per couple and are open to the public. Class topics include “Lifestyle Changes to Reverse Insulin Resistance,” “Meal Planning Success for Insulin Resistance,” “Heart Smart Choices While Dining Out,” “Heart Healthy Holiday Cooking” and “Stress and Your Heart.”

Classes are held from 5:30 – 6:30 p.m. on Tuesday evenings at Pocatello Cardiology, 777 Hospital Way, in the Cardiac Rehabilitation classroom on the East Campus of Portneuf Medical Center. Light refreshments are served at each class and participants are provided with handouts and information. Class space is limited, so participants are encouraged to register by calling Cheryl Simpson at (208) 232-0093. You may also call or stop by Pocatello Cardiology for a class schedule.

For more information about this program or to schedule an interview, please call Brad Huerta at 208-251-2768 or Jennifer Anthony at 208-241-7253.

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About LHP Hospital Group, Inc.:

LHP Hospital Group, Inc. (LHP) is a privately held company established to provide essential capital and expertise to not-for-profit hospitals and hospital systems with which it forms joint ventures to own, operate and manage acute care hospitals. Headquartered in Plano, Texas, LHP is owned by affiliates of private equity firm CCMP Capital Advisors, LLC, and the CPP Investment Board, as well as members of management and the board of directors.

www.lhphospitalgroup.com

About Portneuf Medical Center:

Portneuf Medical Center (PMC) is an acute care facility with 250 licensed beds, and has served the regional health care needs of southeast Idaho since 1907. It is accredited by the Joint Commission on Accreditation of Healthcare Organizations and is licensed by the State Department of Health and Welfare.

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