

Free Programs and Services
Developed and Offered by the
Cardiovascular Disease Foundation:

- * James G. Murray Access to Care Program
 - * Interactive Educational Lectures
 - * Healthy Habits, Healthy Kidssm
 - * Health Screenings
 - * Volunteer Internships
 - * Walking Group
 - * Healthy Heart Nutritionsm
 - * Walk For Life[®] & Free Health Fair



To learn more about us or to
schedule a program or service, please
contact us at: (760) 730-1471; info@cvdf.org;
or visit our web sites at www.CVDF.org
and www.WalkForLife.us



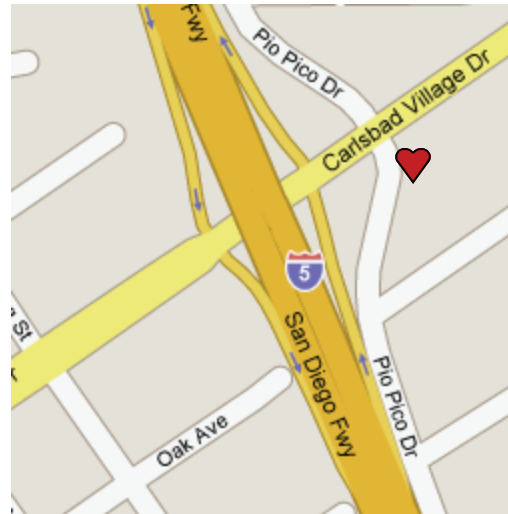
Your Connection to Prevention, Wellness, and Education

The Cardiovascular Disease Foundation

(CVDF) is a non-profit 501(c)(3)

charitable organization

Our tax-id is 05-0536041



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Your Connection to Prevention, Wellness, and Education

James G. Murray Access to Care Program



Funded by
The David Whitmire Hearst, Jr. Foundation
In memory of James G. Murray

James G. Murray Access to Care Program



Program Mission:

**To assist individuals,
seniors,
families,
and care givers
in accessing
information on
health care services,
programs,
and resources.**

The James G. Murray

Access to Care Program

provides:



Community Resource Center

Our foundation office is open to you free of charge to drop by and locate the health care information you need.



Referrals and information

- home health care, nursing facilities
- hospitals, physicians, nursing care
- independent and assisted living
- insurance coverage and government programs such as Medicare Part D and HICAP
- transportation, medical equipment
- support groups, hospice



Friendly Volunteers

Our volunteer staff is ready and able to help you navigate through the process of finding health services.



Resource Guides

Our up-to-date collection of brochures, contact information for care providers, hospitals and special programs, plus nutrition and health tips are available for you to take home.



Free Workshops & Seminars

Community organizations offer talks held at our foundation office on a variety of services and resources. Please visit our events page on our web-site for the schedule or call our office.