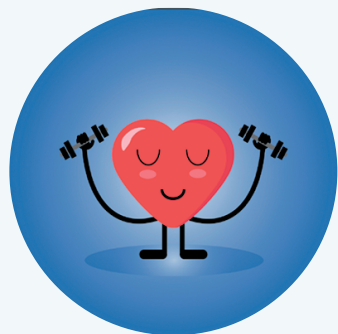


HEART FAILURE AND RESILIENCE EDUCATION

AH-ATC-1029-VI



SPARCC GROUP SESSIONS

WHO BENEFITS FROM CHF EDUCATION

- Those with congestive heart failure
- Caregivers of CHF patients
- Family members of CHF patients

HOW HEART FAILURE EDUCATION CAN HELP

- Gives you tools to help improve self-management of heart failure
- Gain a better understanding of heart failure
- Understand the facets of resilience
- Improve your overall quality of life

FREQUENTLY ASKED QUESTIONS

How long is the session?

Usually 2 hours

Who will present?

Two RNs, a pharmacist, and a licensed dietician

Where will it be held?

Back half of the cafeteria at Amberwell Atchison

What will you learn about?

How to cope with heart disease, exercise, medications, salt intake, and the importance of weight management.

HOW TO PARTICIPATE

Please contact:

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