

Have you been diagnosed with Heart Failure? Want to learn more?



**Free classes followed by a complimentary heart-healthy lunch are
held from 11 am - 1 pm
the third Wednesday of each month**

January & July	Dietary: Sodium and Your Heart	Chris Fosaaen, MS, RD, CDE
February & August	My Feelings about Heart Failure	Joe Mark, M. Ed., LMHC, NCC
March & September	Living with Heart Failure	Cardiovascular Nurse TBA
April & October	Dietary: Heart Healthy Eating	Chris Fosaaen, MS, RD, CDE
May & November	Overview of Medication for Heart Failure	Aaron Emmel, PharmD, BCNSP
June & December	Exercise Considerations	Scott Hayford, MS

Classes are in the Matanzas Classroom on the first floor of Flagler Hospital.

A spouse/caretaker may attend these sessions alone or with the patient.

Pre-registration is required due to lunch service.

To register by phone, or for more information, please call **904-819-4059** or email heather.bushnell@flaglerhospital.org. Online registration at flaglerhospital.org.

Heart Failure Class Registration Form — Please Print

Name: _____ Attending with: _____
 Street: _____ Phone (H): _____
 City/State/Zip: _____ Phone (other): _____
 E-mail Address (if available): _____
 Referring Physician/Nurse: _____
 Date of Heart Failure Diagnosis (approximate): _____

Please Fax to: (904) 808-1306 Phone: (904) 819-4059



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Increasing Knowledge, Achieving Excellence

Or Mail to: Flagler Life Institute
 Attn: Heather Bushnell
 400 Health Park Blvd
 St. Augustine, FL 32086

FLAGLER
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ST. AUGUSTINE

← C.R. 312 →

Flagler Hospital

1st Floor

↑
North

Parking Lot A &
Main Entrance

