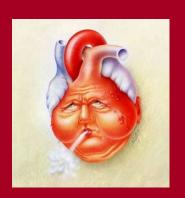
Have you been diagnosed with

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@flalgerhospita.org. Online registration at flaglerhospital.org.

Heart Failure Class Registration For	m — 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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Or Mail to: Flagler Life Institute

Attn: Heather Bushnell 400 Health Park Blvd St. Augustine, FL 32086



Flagler Hospital

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North

1st Floor

