



# Congestive Heart Failure Support Group

FHN Memorial Hospital – Private Dining Room • 1 – 2 p.m.

## Every third Tuesday of the month:

August 15, 2023 • September 19, 2023 • October 17, 2023 • November 21, 2023  
December 19, 2023 • January 16, 2024 • February 20, 2024 • March 19, 2024  
April 16, 2024 • May 21, 2024 • June 18, 2024 • July 16, 2024

## Topics to include:

Education • Home Exercise • Generalized Meal Plans

## Learn:

What is CHF? • Medications, how to properly monitor • Dietary do's and don'ts  
Exercise and its benefits • Devices patients may qualify for  
Managing signs and symptoms, scenarios and responses

For questions, please contact Carly or Krista at 815-599-6388.



*We're here, for you.*

**FHN**