

Low-Cost Heart Failure Self-Management Education Program for Patients

Does your practice care for heart failure patients? Are you looking for a good self-management educational program for them? If you answered yes, please consider recommending that your patients attend the Beat Goes On: Living Well with Heart Failure Series put on by MaineHealth's Heart Failure Program, Maine Medical Center and the MaineHealth Learning Resource Centers. All sessions are taught by licensed clinical professional on Tuesdays, April 27th through May 25th at the Falmouth Learning Resource Center.

The sessions cover a range of topics:

- You Can Do This: Self-Management Skills for Living Well with Heart Failure, **April 27th**
- Pump it Up: Exercising with Heart Failure, **May 4th**
- Pills and Me: Understanding the World of Heart Failure Medications, **May 11th**
- Eating Well with Heart Failure: Get the Low Down on Salt, **May 18th**
- Ahhhh: Managing the Stress of Heart Failure, **May 25th**

If you would like to order free invitations to hand out to your patients, please contact Ann Watters at wattea@mainehealth.org or 541-7533.