

METHODIST HEALTHCARE SYSTEM
OUTPATIENT CARDIAC REHABILITATION

HEART FAILURE EDUCATION SERIES

1. What is Heart Failure?
2. Exercise and Heart Failure
3. Heart Failure Medications
Stress and Heart Failure
4. Diet Considerations and Heart Failure

When: 1st, 2nd, 3rd, and 4th Wednesdays of each month

Time: 11:00 a.m. to 12:00 noon

Where: Outpatient Cardiac Rehab Education Room
Methodist Specialty and Transplant Hospital
Texas Transplant Institute, Mezzanine Level

No enrollment necessary. **Free to attend.**

Start at anytime during the series.

For more information call (210) 575-8235