



HEART-to-HEART SUPPORT GROUP

What is the Heart-to-Heart Support Group?

The Heart-to-Heart Support Group is a supportive space for heart failure and heart attack patients, focusing on peer connection, education and emotional well-being to promote recovery and long-term health.

- Provider-led discussions
- Pharmacy collaboration
- Case management support
- Spiritual care support
- Dietary education
- Physical activity guidance
- Eligibility and insurance assistance

Participants will be entered into a drawing for giveaways such as weighing scales, blood pressure monitors and glucose monitors.

Parking fees will be waived.

The group meets:

Third Thursday of each month
Ben Taub Hospital
4th Floor Conference Room
Noon - 1:30 p.m.

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