

LEARN HOW TO MANAGE AND TAKE CONTROL OF YOUR HEALTH

# Heart Failure Educational Session

Heart failure is a serious, long-term condition in which the heart cannot pump blood as well as it should. Heart failure does not mean the heart has stopped working. It means the heart needs medical care and support to work more effectively.

Join us for an informative session designed to help you better understand and manage the condition, improving overall well-being.

## THIS SESSION WILL COVER:

- + Understanding heart failure and how it affects the body
- + Preventing flare-ups & avoiding hospital readmissions
- + Recognizing early warning signs & symptoms
- + Medication education
- + Low-sodium diet & heart-healthy eating
- + Monitoring weight & fluid retention at home
- + Managing daily activity, exercise, & energy levels

**THURSDAY, JUNE 18, 2026**

1:30 - 2:30 p.m.

## SHORELINE MEDICAL CENTER

Second Floor, Community Room  
250 Flat Rock Place  
Westbrook, CT

Your heart matters,  
don't wait to get help!  
To register, call **860-358-5420**



Learn more about Middlesex Health's  
Center for Chronic Care Management:  
**MiddlesexHealth.com/CCM**