



Heart Failure Education

This class is for anyone wanting to understand and learn how to manage chronic heart failure.

An interactive class taught by a registered nurse and registered dietician. Participants will gain an understanding of:

- What heart failure is
- How to recognize signs and symptoms & use an Action Plan
- Heart failure management and recommended treatments
- Heart failure nutrition (sodium and fluid management)

Class Type	Date	Time	How to Register
1-part online class	June 11	1300 - 15:30	1-866-506-6654 (Lethbridge or rural)
	October 8		1-866-795-9709 (Brooks, Medicine Hat, and rural area)
			Hosted by South Zone

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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