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~ For Immediate Release ~

Free Congestive Heart Failure Class Offered

(ST. JOSEPH) – Lakeland Health will offer “Living Well with Heart Failure,” a free class for community members about congestive heart failure (CHF). This chronic condition is characterized by the heart’s inability to meet the blood flow needs of the body. Participants will learn to identify common causes and symptoms of heart failure, as well as new daily routines that can dramatically improve one’s quality of life. Preregistration for the class is required; please call (269) 556-2808 or (866) 260-7544.

Tuesday, April 7

5:30 to 6:30 p.m.

Center for Outpatient Services, St. Joseph

Pharmacy Conference Room

3900 Hollywood Road

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