

# 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 dietitian. 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	May 6	1300 - 15:30	<b>1-866-506-6654</b> (Lethbridge or rural)  <b>1-866-795-9709</b> (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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