

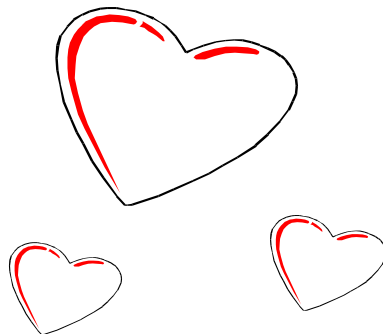
H.E.A.R.T.S.

Helping Everyone **A**chieve **R**ecovery **T**hrough **S**ocialization



We are people from various backgrounds who are managing heart disease.

Each of us and our situation are as unique as we are, and we recognize the importance of sharing and supporting each other through the process of recovery.



What do we do?

- ✓ Share the challenges we have and successful strategies we have learned.
- ✓ Celebrate and share our successes.
- ✓ Share in the benefits of social connection.
- ✓ Learn about our condition and how to manage it.
- ✓ Gain support and advice by professionals.
- ✓ Maintain the confidentiality between all members.

**Family and friends are welcome to join you.
We have fun!**

Testimonials

“This group has helped me to overcome my fears and has taken me beyond the diagnosis and made my recovery experience real”.

“This group has helped me to get questions answered that the doctors are unable to answer”.



For more information or to join

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