



# Living with heart failure? You are not alone

The Heart Foundation and Southern District Health Board are hosting free heart support seminars to discuss living with heart failure.

A local clinical nurse specialist, physiotherapist and dietitian will talk about understanding and managing heart failure, medical treatments and how to keep well. Family and whānau are encouraged to come along and learn more about your heart condition.

## 2020 seminar dates

- Thursday, 2 July
- Thursday, 3 September
- Thursday, 5 November

## Venue

Heart Foundation  
206 Hanover Street, Dunedin

## Seminar schedule

9.00am	Heart failure
9.45am	Stress management
10.00am	Managing your medicines
10.30am	Coffee break
10.45am	Exercising your heart
11.15am	Eat well, feel well
Midday	Finish

**Phone bookings are essential**, please phone 03 4773999 to register.