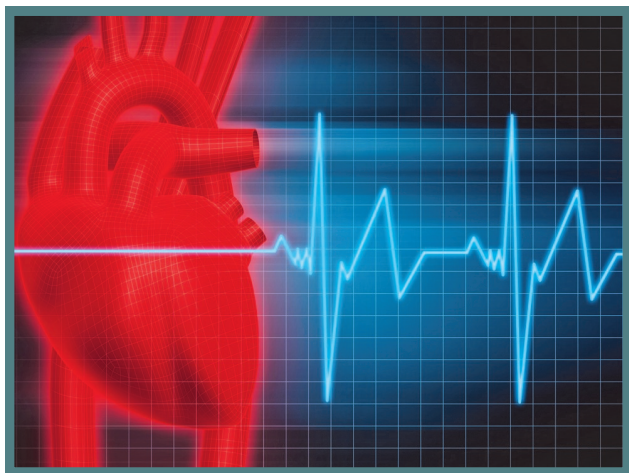




Primary Health Care Services
OF PETERBOROUGH

Peterborough Networked

Family Health Team



Congestive Heart Failure

www.peterboroughfht.com

In partnership with the



**YMCA of
Central East Ontario**

Congestive Heart Failure

2-hour Program

This program promotes healthy lifestyle changes that support congestive heart failure management. Nutrition plays a significant role in the self-management of congestive heart failure.

You will learn about:

- Recommended fluid and sodium intake
- Meal planning, label reading, eating out, recipe modification and fad diets
- Your genetic risk factors and how to manage congestive heart failure
- Current activity guidelines

Who should attend:

- Has your physician or nurse practitioner told you that you have congestive heart failure?

Ask your family doctor or nurse practitioner if the Congestive Heart Failure program may be for you ...

www.peterboroughfht.com

Date: _____

Time: _____

Location: _____