

## Women@Heart Groups

2023

Program Content is the same for each group

<b>General Support Group</b>	Open to women with any heart condition or diagnosis
<b>SCAD Support Group</b>	For women with Spontaneous coronary artery dissection
<b>Electric Condition Support Group</b>	For women with arrhythmias, Afib, implantable cardioverter-defibrillator (ICD), pacemaker, etc.
<b>Heart Failure Support Group</b>	For women with heart failure

### Winter Sessions

Group	Type of Group	Time of day	Day	Time	Sessions									
					1	2	3	4	5	6	7	8	9	10
<b>Group 1</b>	General	Afternoon	Wednesday	1:00 PM - 3:00 PM	25-Jan	1-Feb	8-Feb	15-Feb	1-Mar	15-Mar	29-Mar	12-Apr	26-Apr	10-May
<b>Group 2</b>	General	Evening	Tuesday	6:00 PM - 8:00 PM	31-Jan	7-Feb	14-Feb	21-Feb	7-Mar	21-Mar	4-Apr	18-Apr	2-May	16-May
<b>Group 3</b>	General	Afternoon	Tuesday	1:00 PM - 3:00 PM	7-Feb	14-Feb	21-Feb	28-Feb	14-Mar	28-Mar	11-Apr	25-Apr	9-May	23-May
<b>Group 4</b>	General	Morning	Wednesday	10:00 AM - 12:00 PM	15-Feb	22-Feb	1-Mar	8-Mar	22-Mar	5-Apr	19-Apr	3-May	17-May	31-May
<b>Group 5</b>	Electric	Afternoon	Thursday	1:00 PM - 3:00 PM	16-Feb	23-Feb	2-Mar	9-Mar	23-Mar	6-Apr	20-Apr	4-May	18-May	1-Jun
<b>Group 6</b>	General	Afternoon	Wednesday	1:00 PM - 3:00 PM	22-Feb	1-Mar	8-Mar	15-Mar	29-Mar	12-Apr	26-Apr	10-May	24-May	7-Jun
<b>Group 7</b>	General	Afternoon	Thursday	1:00 PM - 3:00 PM	16-Mar	23-Mar	30-Mar	6-Apr	20-Apr	4-May	18-May	1-Jun	15-Jun	29-Jun
<b>Group 8</b>	SCAD	Evening	Tuesday	6:00 PM - 8:00 PM	21-Mar	28-Mar	4-Apr	11-Apr	25-Apr	9-May	23-May	6-Jun	20-Jun	27-Jun
<b>Group 9</b>	General	Evening	Tuesday	6:00 PM - 8:00 PM	28-Feb	7-Mar	14-Mar	21-Mar	4-Apr	18-Apr	2-May	16-May	30-May	6-Jun
<b>Group 10</b>	French	Afternoon	Tuesday	12:30 pM - 2:30 PM	7-Feb	14-Feb	21-Feb	28-Feb	14-Mar	28-Mar	11-Apr	25-Apr	9-May	23-May
<b>Group 11</b>	Heart Failure	Evening	Thursday	6:00 PM - 8:00 PM	2-Mar	9-Mar	16-Mar	23-Mar	6-Apr	20-Apr	4-May	18-May	1-Jun	15-Jun