

Women@Heart Groups

2023

Program Content is the same for each group

General Support Group	Open to women with any heart condition or diagnosis
SCAD Support Group	For women with Spontaneous coronary artery dissection
Electric Condition Support Group	For women with arrhythmias, Afib, implantable cardioverter-defibrillator (ICD), pacemaker, etc.
Heart Failure Support Group	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
Group 1	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
Group 5	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
Group 6	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
Group 8	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