

Have you or someone you know suffered the shock of a cardiac arrest or heart attack?

## Heart Patient Support Group 2020

Heart attacks are not only physically challenging, they bring with them a new way of life that can feel stressful. We provide a free, hospital-based, heart attack survivor support group each month.

**Facilitated by a heart attack survivor.** For survivors and their families to connect with other survivors, to share your victories and challenges, to share ideas and to formulate a plan for a healthy future.



**When:** 7:00 – 8:30 p.m.  
2nd Thursday of Each Month

January 9	July 9
February 13	August 13
March 12	September 10
April 9	October 8
May 7	November 12
June 11	December 10

**Where:** Adventist Health Simi Valley  
Pavilion Conference Room  
2975 N. Sycamore Drive  
Simi Valley, CA 93065

**Info:** For more information or to attend, please call  
805-955-6569