Heart Improvement Therapy: 
**DO MORE** with Heart Failure

If you have been diagnosed with or are at risk for heart failure, or know someone who is, this program is for you. Participating in your own care, or that of your loved one, is the key to living successfully with heart failure. Join experts from the Creighton Cardiac Center to learn more about the steps you can take to combat the signs and symptoms of heart failure.

**DO MORE** with Heart Failure is a ONE session class for people with a diagnosis of heart failure. During each two-hour session, you will learn more about:

- Daily weight monitoring
- Observing symptoms that may signal worsening heart failure
- Medications
- Overcoming fears about living with heart failure
- Restricting salt and fluids
- Enjoying life and exercise

The classes are open to anyone, especially Creighton University Medical Center and Creighton Cardiac Center patients and their loved ones. These classes are offered twice a month at the Creighton Cardiac Center, 3006 Webster Street, in Omaha.

Please choose one class to attend. Dates for the **2 to 4 p.m.** class in 2010 are:

- August 10
- September 14
- October 12
- November 9
- December 14
- August 24
- September 28
- October 26
- November 23
- December 28

Please note: All classes are subject to cancellation if enrollment is insufficient. In the event of a cancellation, all enrolled individuals will be notified prior to the start of the class.