



Healthy Heart Support Group at UH Portage Medical Center

Social support from family and friends is critical for patients to maintain lifestyle changes after a heart attack.

The Healthy Heart Support Group provides invaluable support to patients and their families adjusting to life after a heart attack and making healthy lifestyle changes. This program is free and open to the community for anyone who wants to learn more about improving their cardiovascular health and wellness.

This educational support network shares information about heart health and cardiac rehabilitation, and provides emotional support through shared experiences at regular meetings or group activities.

What you can expect:

- Regular health talks by UH providers & professionals.
- Networking and peer support through group participation.
- Local resource support, access and education to assist you in understanding, maintaining and improving your health.

To join or for more information, please call **330-297-2576**.

The support group meets the 3rd Thursday of each month, 4 – 5 p.m. at the Portage Medical Arts Building, Suite 150. The first meeting will begin in January 2024.



UH Portage Medical Center
6847 North Chestnut Street
Ravenna, Ohio 44266