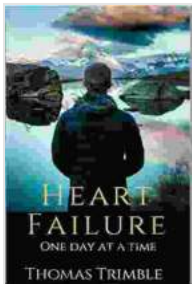


One Day at a Time: Congestive Heart Failure Support

Congestive heart failure (CHF) is a serious condition that can lead to disability and even death. However, with proper treatment and support, people with CHF can live long and fulfilling lives.



Heart Failure: One Day at a Time (Congestive Heart Failure Support) by Tara Haelle

★★★★☆ 4.2 out of 5

Language : English
File size : 488 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Print length : 93 pages
Lending : Enabled



One Day at a Time is a support group for people with CHF and their loved ones. The group provides a safe and supportive environment where people can share their experiences, learn about CHF, and find encouragement.

What is Congestive Heart Failure?

CHF is a condition in which the heart is unable to pump enough blood to meet the body's needs. This can lead to a buildup of fluid in the body, which can cause swelling in the legs, ankles, and abdomen. Other symptoms of CHF include shortness of breath, fatigue, and chest pain.

CHF is a serious condition, but it can be managed with proper treatment. Treatment for CHF may include medications, lifestyle changes, and surgery.

How Can One Day at a Time Help?

One Day at a Time can provide a number of benefits for people with CHF and their loved ones. The group can provide:

- A safe and supportive environment where people can share their experiences
- Information about CHF and its treatment
- Encouragement and support from others who are going through the same thing
- A sense of community

One Day at a Time can be a valuable resource for people with CHF and their loved ones. The group can provide information, support, and encouragement that can help people cope with the challenges of CHF.

Who Can Join One Day at a Time?

One Day at a Time is open to people with CHF and their loved ones. The group is free to join and there are no membership requirements.

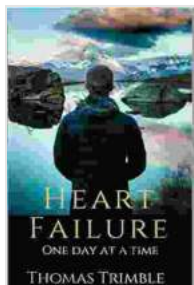
If you are interested in joining One Day at a Time, please contact the group leader at

One Day at a Time Meeting Information

One Day at a Time meets on the first and third Wednesdays of each month from 10:00am to 12:00pm at the following location:

The Community Center
123 Main Street
Anytown, CA 12345

For more information about One Day at a Time, please contact the group leader at



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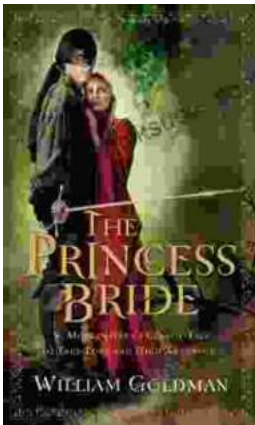
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