

# Congestive Heart Failure EDUCATION PROGRAM



**MONDAY**  
**MARCH 9, 2026**  
**2:00PM**

**VENUE:**  
TRADITIONS AT BROOKSIDE  
Club Room  
6311 W. CR. 900 N.  
McCordsville, IN 46055



**TRADITIONS**  
at BROOKSIDE



**Best Choice**  
**Home Care**



**GRACE**  
AT HOME

**FOR MORE INFORMATION  
PLEASE CONTACT:**

**Brookside Receptionist**  
**(317) 335-9900**

## *Confidence Starts with Prevention*

Join us for our **Congestive Heart Failure (CHF) Education Program**, an informative and supportive seminar presented by **Best Choice Home Care** and focused on understanding CHF and reducing symptoms.

Learn about common symptoms, medications, heart-healthy diet tips, and when to notify nursing staff or health care provider. We'll also discuss daily habits like weight monitoring, low-salt eating, and important warning signs you shouldn't ignore.

Heart-healthy refreshments will be provided. Residents and their loved ones are encouraged to attend!