

## Women@Heart Groups

WINTER 2023

Program Content is the same for each group

|   |   |
|---|---|
| <b>General Support Group</b>            | Open to women with any heart condition or diagnosis   |
| <b>SCAD Support Group</b>               | For women with Spontaneous coronary artery dissection   |
| <b>Electric Condition Support Group</b> | For women with arrhythmias, Afib, implantable cardioverter-defibrillator (ICD), pacemaker, etc. |
| <b>Heart Failure Support Group</b>      | For women with heart failure  |

**We will have more groups starting in August 2023. The schedule will be updated once available.**

| Winter Sessions |               |             |           |                     |          |        |        |        |        |        |        |        |        |        |
|-----------------|---------------|-------------|-----------|---------------------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Group           | Type of Group | Time of day | Day       | Time                | Sessions |        |        |        |        |        |        |        |        |        |
|                 |               |             |           |                     | 1        | 2      | 3      | 4      | 5      | 6      | 7      | 8      | 9      | 10     |
| <b>Group 1</b>  | General       | Afternoon   | Wednesday | 1:00 PM - 3:00 PM   | 25-Jan   | 1-Feb  | 8-Feb  | 15-Feb | 1-Mar  | 15-Mar | 29-Mar | 12-Apr | 26-Apr | 10-May |
| <b>Group 2</b>  | General       | Evening     | Tuesday   | 6:00 PM - 8:00 PM   | 31-Jan   | 7-Feb  | 14-Feb | 21-Feb | 7-Mar  | 21-Mar | 4-Apr  | 18-Apr | 2-May  | 16-May |
| <b>Group 3</b>  | General       | Afternoon   | Tuesday   | 1:00 PM - 3:00 PM   | 7-Feb    | 14-Feb | 21-Feb | 28-Feb | 14-Mar | 28-Mar | 11-Apr | 25-Apr | 9-May  | 23-May |
| <b>Group 4</b>  | General       | Morning     | Wednesday | 10:00 AM - 12:00 PM | 15-Feb   | 22-Feb | 1-Mar  | 8-Mar  | 22-Mar | 5-Apr  | 19-Apr | 3-May  | 17-May | 31-May |
| <b>Group 5</b>  | Electric      | Afternoon   | Thursday  | 1:00 PM - 3:00 PM   | 16-Feb   | 23-Feb | 2-Mar  | 9-Mar  | 23-Mar | 6-Apr  | 20-Apr | 4-May  | 18-May | 1-Jun  |
| <b>Group 6</b>  | General       | Afternoon   | Wednesday | 1:00 PM - 3:00 PM   | 22-Feb   | 1-Mar  | 8-Mar  | 15-Mar | 29-Mar | 12-Apr | 26-Apr | 10-May | 24-May | 7-Jun  |
| <b>Group 7</b>  | General       | Afternoon   | Thursday  | 1:00 PM - 3:00 PM   | 16-Mar   | 23-Mar | 30-Mar | 6-Apr  | 20-Apr | 4-May  | 18-May | 1-Jun  | 15-Jun | 29-Jun |
| <b>Group 8</b>  | SCAD          | Evening     | Tuesday   | 6:00 PM - 8:00 PM   | 21-Mar   | 28-Mar | 4-Apr  | 11-Apr | 25-Apr | 9-May  | 23-May | 6-Jun  | 20-Jun | 27-Jun |
| <b>Group 9</b>  | General       | Evening     | Tuesday   | 6:00 PM - 8:00 PM   | 28-Feb   | 7-Mar  | 14-Mar | 21-Mar | 4-Apr  | 18-Apr | 2-May  | 16-May | 30-May | 6-Jun  |
| <b>Group 10</b> | French        | Afternoon   | Tuesday   | 12:30 pM - 2:30 PM  | 7-Feb    | 14-Feb | 21-Feb | 28-Feb | 14-Mar | 28-Mar | 11-Apr | 25-Apr | 9-May  | 23-May |
| <b>Group 11</b> | Heart Failure | Evening     | Tuesday   | 6:00 PM - 8:00 PM   | 14-Mar   | 21-Mar | 28-Mar | 4-Apr  | 18-Apr | 2-May  | 16-May | 30-May | 13-Jun | 27-Jun |
| <b>Group 12</b> | General       | Evening     | Tuesday   | 6:00 PM - 8:00 PM   | 5-Apr    | 12-Apr | 19-Apr | 26-Apr | 3-May  | 10-May | 24-May | 7-Jun  | 21-Jun | 28-Jun |