



**FOR IMMEDIATE RELEASE**  
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## **Sacred Heart to Offer Free Congestive Heart Failure Class**

Sacred Heart Health System will offer a free class for those diagnosed with congestive heart failure (CHF). Focusing on reducing CHF symptoms through nutrition, the class will be held Monday, July 2, from 11 to 11:45 a.m. at Sacred Heart's Population Health Center, 5051 Carpenter Creek Dr. in Pensacola (behind The Olive Garden.)

Topics to be covered include meal planning, reading product labels, and lifestyle changes. The information is designed to help one better manage CHF.

Space is limited. To register, call 850-416-7262.

### **About Sacred Heart Health System**

In Florida, Ascension operates Sacred Heart Health based in Pensacola and St. Vincent's HealthCare based in Jacksonville. Together, Ascension operates seven hospitals and more than 100 other sites of care, and they employ nearly 10,000 associates. Across the region, Sacred Heart and St. Vincent's have served North Florida communities for more than 145 years. In fiscal year 2017, they provided \$168 million in community benefit and care of persons living in poverty. Ascension ([www.ascension.org](http://www.ascension.org)) is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care. As the largest non-profit health system in the U.S. and the world's largest Catholic health system, Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. Ascension includes approximately 165,000 associates and 34,000 aligned providers. Ascension's Healthcare Division operates more than 2,600 sites of care – including 153 hospitals and more than 50 senior living facilities – in 22 states and the District of Columbia. For more information on Sacred Heart Health System, visit [www.sacred-heart.org](http://www.sacred-heart.org).

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