



FOR IMMEDIATE RELEASE
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Media Contact: Mike Burke
850-416-1153

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 Thursday, May 24, 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.

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