

# Congestive Heart Failure EDUCATION PROGRAM



**FRIDAY  
MARCH 20, 2026  
1:00PM**

**VENUE:**  
TRADITIONS AT REAGAN PARK  
Café  
1176 Kingwood Drive  
Avon, IN 46123



**TRADITIONS**

at REAGAN PARK

**Best Choice  
Home Care**



**FOR MORE INFORMATION  
PLEASE CONTACT:**

**Reagan Park Receptionist  
(317) 271-0100**

## *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!