



# HEART FAILURE SUPPORT GROUP

## What is Heart Failure?

Heart failure is a condition in which the heart is unable to pump out enough oxygen-rich blood in an adequate volume to meet the needs of the body to function normally. As a result, fluid builds up and the body becomes congested (American Heart Association).

## Why a Support Group?

Our support group provides a safe and compassionate environment for patients and their family members. It provides members with a chance to learn and express their feelings on Heart Failure. Members are educated and provided with resources they can use in their journey. The goal of our support group is to empower our members to feel a sense of community whom they can rely on.

## What to Expect

- ♥ Build a network of support
- ♥ Group meetings to share/hear experiences
- ♥ Discuss challenges
- ♥ Coping strategies
- ♥ Treatment options
- ♥ Educational seminars

*My flesh and my heart may fail,  
but God is the strength of my  
heart and my portion forever.*

*Psalm 73:26*

## When

We meet quarterly, either online or in-person. For additional information, please call us at **909-558-4202** or email us at **HFSupportGroup@llu.edu**.

## Who

Everyone is welcome to our support group whether you are a patient or are supporting a patient who is affected by heart failure.

Our support group is led by our very own William Bradley, Nurse Practitioner, Division of Cardiology.

## Additional Educational Resources

- ♥ <https://www.aahfn.org/mpage/patiented>
- ♥ <https://www.heart.org/en/health-topics/heart-failure/what-is-heart-failure>
- ♥ <https://supportnetwork.heart.org/s/>

LLUHMKT#12108-IHI-24/1124/1



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