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## **Heart to Heart Support Group**

Date and Time

Thursday 4/26/2018 5:00 to 7:30pm

Event URL

<https://www.sentara.com/charlottesville-virginia/classesevents.aspx>

Event Region

Charlottesville Area

Event Type

Support group

RSVP Info

434-654-4510

Event Cost

\$0.00

Event Description

Sentara Martha Jefferson Hospital offers Heart to Heart Support Group. Recovery after a serious heart event involves more than physical healing - coping with related emotional changes takes time, too. The Heart to Heart program offers education, discussion and reassurance with structured meetings that include a presentation by a physician and time for discussion and questions. This is a free support group. The group meets from 5 - 7:30pm on the 4th Thursday in April, June and October. For more information, please call 434-654-4510