



**FRANKEL
CARDIOVASCULAR CENTER**
MICHIGAN MEDICINE

Cardiovascular Support Group

For Patients and Families

**Meets the first Monday of
most months from
5:30PM – 7:00PM
Frankel Cardiovascular Center
Boardroom
Located on the 5th floor
(take elevators to 5 then follow signs)
1500 E. Medical Center Drive
Ann Arbor, MI, 48109
Free to attend (parking not included)**



2019 Dates - 2/4, 3/4, 5/6, 6/3, 7/1, 10/7, 11/4

The goal of this group is to offer patients and families affected by cardiac illness a space to learn, share and connect with one another.

Topics include:

- physical and emotional wellness
- lifestyle
- coping
- stress management
- family
- work
- grief
- adjustment
- hospitalizations
- safety planning

For more information about the group, featured speakers, or to RSVP, contact Leah at brockl@umich.edu or 734.232.1559.