



# Pre-Post Heart Transplant & LVAD Support Group

For Patients and Families

**Meets Monthly on Mondays**

**10:00 AM - Noon**

**Room Number: UH 2C 108**

**2C 2nd Floor University Hospital across from the Gift Shop**  
Depending on other UMHS appointments, the closest parking is in structure P2

**1500 E. Medical Center Drive**  
**Ann Arbor, MI, 48109**  
**Free to attend (parking not included)**

*Light Refreshments served*



**2019 Dates - 1/7, 2/4, 3/4, 4/1, 5/6, 6/3, 7/8, 8/5, 9/9, 10/7, 11/4, 12,2**

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

### Topics include:

- physical and emotional wellness
- lifestyle
- coping
- stress management
- family adjustment

**For more information please call:**

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Heart Transplant & Center for Circulatory Support