



# The Heart of the Matter 2021

UNC Lenoir Health Care is pleased to offer a new learning experience in 2021 for individuals who are **facing heart failure**.

The Conversation Map® methodology involves several key components for an interactive experience that uses group conversation with persons facing similar challenges just like you.

This *one hour group conversation* is facilitated by heart care professionals who will have you learning and enjoying your session as you explore myths, facts, and care related to heart failure. You learn as you and others share about living with heart failure.

Sessions are **limited to just 6 persons** and each participant will receive a heart healthy goody bag at the completion of each class.

Visit [www.manageheartfailure.org](http://www.manageheartfailure.org) for information.

## 2021 Dates

January 7  
January 14  
February 4  
February 11  
March 4  
March 11  
April 8  
April 15  
May 6  
May 13  
June 3  
June 10  
July 8  
July 15  
August 5  
August 12  
September 9  
September 16  
October 7  
October 14  
November 4  
November 11  
December 2  
December 9

**Location:** Minges Wellness Center  
Classroom  
**Time:** 1pm  
**Cost:** Free

Registration is required by calling  
252-522-7014

Individuals with heart failure and  
caregivers are invited to attend.