



Wellness

SUPPORT GROUPS

FREE HEART AND LUNG SUPPORT GROUPS CHESTER COUNTY HOSPITAL

MEETS THE FIRST THURSDAY OF EVERY MONTH, 1:00 – 2:30 PM

CARDIAC SUPPORT GROUP

This group is open to cardiac patients and their families. Each meeting includes a health care presentation followed by networking and discussion about issues of personal interest to people living with heart disease. Meetings are led by a former cardiac patient and facilitated by heart and vascular nurse navigators.

For more information, contact The Nurse Navigator Line at (610) 220-0432.

MEETS THE SECOND WEDNESDAY OF EVERY MONTH, 2:00 – 3:00 PM

BETTER BREATHERS SUPPORT GROUP

This program is organized by the Pulmonary Rehabilitation team, includes educational presentations by healthcare professionals, and provides support and camaraderie for people living with chronic lung disease.

For more information, contact Martha Jones, RRT at (610) 738-2359.

MEETS THE SECOND THURSDAY OF EVERY MONTH, 2:00 – 3:00 PM

LIVING WITH HEART FAILURE SUPPORT GROUP

This program is organized by the Heart Failure Team, includes educational presentations by healthcare professionals, and provides support and camaraderie for people living with chronic heart failure. To subscribe to our monthly heart failure e-newsletter, email a request to Rebecca.Mountain@pennmedicine.upenn.edu.

For more information, contact Rebecca Mountain DNP, RN at (610) 738-2583.

MEETS THE THIRD THURSDAY OF EVERY THIRD MONTH, 5:00 – 6:00 PM

ICD SUPPORT GROUP

Do you or a loved one have an implantable cardioverter-defibrillator (ICD)? Join Chester County Hospital for some education and story-sharing with others who are learning to live with this life-saving device.

For more information, contact Community Health & Wellness at (610) 738-2300.

REGISTRATION REQUIRED FOR EACH SUPPORT GROUP MEETING.

To register, click on the support group title above, scan the QR code to the right or call **(610) 738-2300**.

