

Congestive heart failure (CHF)



Heart failure occurs when the heart cannot pump blood as well as it should. Heart failure can cause shortness of breath, fatigue, leg swelling, and other symptoms. Heart failure symptoms can be mild to severe. Safe and effective treatments exist. Join us as we discuss diet, lifestyle, medication treatment, and self-care tips to help relieve symptoms and live well. The class will be taught in English and Spanish.

To register, call:

(562) 613-5118, 8:30 a.m. to 5 p.m.,
Monday through Friday

For more information, call Customer Service:

(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m.,
Monday through Friday

Join us:

Medi_24_110_LS_IA022724

Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities

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