



WomenHeart Support Groups

Support Groups for Women with Heart Disease

WomenHeart of La Jolla

Third Thursday of every month, 9–10 a.m.

Scripps Center for Integrative Medicine
10820 N. Torrey Pines Road, La Jolla, CA 92037

For more information or to register, contact Claire D'Andrea at **858-554-3320** or **d'andrea.claire@scrippshealth.org**.

WomenHeart of San Diego

Third Thursday of every month, 5:30–7 p.m.

Kaiser San Diego Medical Center, Administration Building
4511 Orcutt Ave., San Diego, CA 92120

For more information or to register, contact Ellen Robin at **619-528-5814**, **714-655-9194** or **ellenmichellerobin@hotmail.com**.

WomenHeart of San Diego North County Inland

Second Thursday of every month, 5–6:30 p.m.

Scripps Clinic, Rancho Bernardo
15004 Innovation Drive
San Diego, CA 92128

For more information or to register, contact B. Verde at **760-505-7624** or **WH-SanDiegoNoIn@womenheart.org**.

These free monthly support groups are dedicated to women who have heart disease. If you have experienced life-changing events, such as a heart attack, bypass surgery, angioplasty or valve replacement, or have an arrhythmia, a pacemaker or stent, these support groups are for you. In an environment of caring, women with heart disease have the opportunity to share their stories, support each other and heal together. Women with high risk for heart disease are also welcome.

scripps.org
womenheart.org

