



Sudden Cardiac Arrest Survivors Group

There is life after sudden cardiac arrest! Swedish Center for Cardiovascular Wellness hosts a monthly support group for Sudden Cardiac Arrest Survivors. This group is for those who have experienced Sudden Cardiac Arrest and who wish to discuss topics related to cardiac arrest, to find meaning in what a person experiences during and after a cardiac arrest, and to meet and talk with others who have gone through this life-threatening, life-changing experience.

The group is facilitated by Susie Hart, RN, who is a cardiac arrest survivor herself. Susie has over 38 years of experience as a registered nurse with 21 years as a Navy Nurse.

Topics of interest include personal recovery stories, challenges associated with returning to work, family issues, social situations, physical and emotional changes, and attempting to cope with thoughts and feelings that others who have not experienced cardiac arrest do not share. There are refreshments and an informal gathering at the end of each meeting.

There is no fee to attend the group. Participants are encouraged to come to one or all of the monthly sessions. Maximum group size is 15.

Monthly sessions are on the **2nd Thursday of each month, 12:30 – 2:00 pm**

Location: Center for Cardiovascular Wellness Conference Room

Swedish Medical Center/ Cherry Hill

James Tower, Suite 100

500 17th Avenue

Seattle, WA 98122

There will be some meetings on Saturdays to give a second option for attendance...

Contact the facilitator for more information.

If you or someone you know may be interested in participating in or talking further about attending this group or to register **please contact Susie directly at 253.961.5893 or by email at cardiacarrestgroup@gmail.com**