## Groups for patients/families

<table>
<thead>
<tr>
<th>Topic</th>
<th>Name</th>
<th>Registration?</th>
<th>Day/Time</th>
<th>Location</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amputation/Limb Loss</td>
<td>UM Community Amputee Network (U-CAN) (for amputees and family members)</td>
<td></td>
<td>First Tuesday of each month, 5:30 – 7:30 pm</td>
<td>Orthotics &amp; Prosthetics Ctr 2850 S. Industrial Hwy., Ste 400 Ann Arbor, MI 48104</td>
<td>For more information, call, 734-975-7432</td>
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<tr>
<td>Arrhythmia</td>
<td>ICD Connection (Adult Group) ICD - implantable cardioverter defibrillator</td>
<td>Register</td>
<td>Meet 4 times/year (March, June, September &amp; December.)</td>
<td>September University Hospital Level 2, Dining Room D [inside Cafeteria] December - Towsley Center</td>
<td>Annual newsletter for patients. To register for events, contact Michelle at 734-232-4177</td>
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<tr>
<td>Arrhythmia</td>
<td>Young ICD Connection (children &amp; teen ICD recipients &amp; their families)</td>
<td>Register</td>
<td>October (annual conference - all day event).</td>
<td>Ann Arbor</td>
<td>Contact: Helen McFarland at 734-936-9218.</td>
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| Diabetes                                   | Type 1 or Type 2 Support Groups. (for all patients and family members) | Walk-In        | **Type 1** – Third Tuesday of each month 6:15-7:30pm  
**Type 2** – Second Saturday of each month 9:30-11:00am | Type 1 - Dominos Farms Lobby C Type 2 - Turner Senior Resource Center | Please call for more information: (734) 998-2475 |
| Heart Transplant/Ventricular Assist Device  | Pre-Post Heart Transplant & LVAD Patients and Families (for transplant and VAD patients, and their families) | Walk-In        | Monthly on Mondays, 10 AM - Noon  
January 8 May 7 September 10  
February 5 June 4 October 1  
March 5 July 9 November 5  
April 2 August 6 December 3 | University Hospital, Second Floor, 2C 108 (2C University Hospital across from the Gift Shop) | Contact: Ruth Halben, LMSW (734) 763-9788  
Rebecca Congdon, LMSW (734) 764-6205  
Jessica Singer, LMSW (734) 615-7625 |
| Obesity, Diabetes, High Blood Pressure      | Metabolic Fitness Program                                             | Register      | 24-week program with a 12-week option  
Tuesdays: 5:30 – 7:00 PM or 7:00 – 8:30 PM  
New patients start 2nd Tuesday of month | Call for more information | Please contact your primary care physician for referral to program.  
Information: Rhonda Barnes at 734-998-5679 |
| Cardiovascular Health                      | Cardiovascular Support Group (for patients and families affected by cardiac illness) | Register      | First Monday of the month 2/5, 3/5, 5/7, 6/4, 7/2, 10/1, 11/5  
6:00 PM – 7:30 PM | Danto Auditorium 2nd floor Cardiovascular Center | Contact: Leah abrochl@umich.edu or 734-232-1559 |

Beginning/Deepening Meditation or Metabolic Fitness Program: Contact Ronda Barnes at 734-998-5679

Nutritious is Delicious- Healthy eating Demonstrations: Contact Sue at 734-232-4465 for more information.