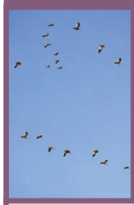

Heart of Caregiving: Journal Sheet 8

"Reach Out!"

American Heart Association® | American Stroke Association®

Learn and Live®

Date _____

Handy numbers I need to support me in my caregiving role:

Name/Contact	Phone Number	Notes

www.americanheart.org/caregiver

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