

**Immediate Release**

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**Contact:**

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[jjohnston@christianacare.org](mailto:jjohnston@christianacare.org)**Christiana Care Health System Offers Implantable Cardioverter  
Defibrillator (ICD) Support Group**

(WILMINGTON, Del. – December 10, 2015) Christiana Care Health System's Center for Heart & Vascular Health offers a support group for people who have received or plan to receive implantable cardioverter defibrillators (ICDs). The free sessions are held from 6 to 7:30 p.m. at the John H. Ammon Medical Education Center, 4755 Ogletown-Stanton Road in Newark, Delaware.

The meeting includes a topic-based presentation, an opportunity for questions and answers, and a group support session. Family members are welcome to attend. Registration is requested by calling 800-693-CARE (2273) or 302-623-CARE (2273).

The group's next meetings will be held on the following dates:

**Tuesday, January 12, 2016**

Presenter: Bernice Bragg, MS, Exercise Physiologist, Christiana Care Cardiac Rehabilitation and Secondary Prevention

Topic: Stress Management

**Tuesday, March 8, 2016**

Presenters: Mitchell Saltzberg, M.D.

Topic: Heart Failure: Realities, Changing Perceptions

**About Christiana Care Health System**

Christiana Care Health System is one of the country's largest health care systems, ranking as the 22nd leading hospital in the nation and 12th on the East Coast in terms of admissions. The health system includes The Medical Group of Christiana Care, a network of primary care physicians, medical and surgical specialists as well as home health care, preventive medicine, rehabilitation services and patient/family advisors for core health care services. A not-for-profit teaching hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has an extensive range of outpatient services, and through Christiana Care Quality Partners, Christiana Care works closely with its medical staff to achieve better health, better access to care and lower cost. Christiana Care is home to Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care features a Level III neonatal intensive care unit, the only delivering hospital in Delaware that offers this highest level of care to the most critically ill newborns. Christiana Care includes two hospitals with 1,100 patient beds. For more information about Christiana Care, visit [www.christianacare.org/whoweare](http://www.christianacare.org/whoweare).

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