

# 2026 HEART FAILURE PATIENT & CAREGIVER DAY

*Healthy Habits Today. Stronger Hearts Tomorrow.*

**FEBRUARY 11, 2026** ET: 3:00 PM - 5:00 PM CT: 2:00 PM - 4:00 PM  
MT: 1:00 PM - 3:00 PM PT: 12:00 PM-2:00 PM

## KEY DISCUSSIONS

### When Life and Heart Failure Collide: Finding Balance and Quality of Life

Learn practical, quality-of-life strategies for people living with heart failure and their caregivers, addressing physical, emotional, and psychosocial needs with patient-centered communication, early supportive care, and strong caregiver partnership to boost well-being and reduce burden.

### Voices of Strength: Patients and Caregivers Share their Journeys

Hear real stories from people living with heart failure and their caregivers, sharing resilience, hope, and practical lessons that help them navigate challenges, celebrate progress, and stay connected to quality of life and community.

### Understanding Remote Monitoring: Reducing Symptoms and Improving Life

Learn how devices can help manage heart failure and ease symptoms. Experts will explain how it works, who may benefit, and what to expect during evaluation and decision-making—plus real patient stories and outcomes.



### Connect and Engage:

- Network with fellow patients and caregivers
- Q&A session with a healthcare professional/expert
- Access valuable educational materials

### Virtual Access:

- Join from anywhere with an internet connection
- Can't make it live? This will be available on demand for registered participants

**REGISTRATION IS FREE**  
[HTTPS://HEARTFAILUREPF.ORG/PCDAY2026](https://heartfailurepf.org/pcday2026)

