



**Do you or
someone for
whom you care
have heart
failure?**

Researchers at the University of Kentucky are conducting a research study to investigate the physical and psychological effects of a yoga program for heart failure patients and/or caregivers of heart failure patients who are experiencing depressive symptoms. Participants will be compensated for their time.

You may be eligible to participate if you:

- You may be eligible to participate if you:
- Are 21 years or older
- Have a diagnosis of heart failure or provide support for someone with heart failure
- Are experiencing depressive symptoms
- Speak, read, and write in English

What will you be asked to do?

- Complete a questionnaire packet
- Possible participation in an 12-week yoga program via telehealth



Research

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For more information:

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