

# THE MENDED HEARTS, INC.

## Cardiac Support Group

### Chapter 296

*Please join us at our monthly meeting and be part of this self-help organization for those who have had any heart problems.*



**February 16, 2016**

**Tuesday, 7-8:30 PM**

**Florida Hospital Orlando Barker Conference Center Room A  
601 East Rollins St, Orlando, Florida 32803**

**Barker Conference Center – Room A** Directions: Take Orange Avenue North and turn on to King Street. Turn into the King St parking garage on the right. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3<sup>rd</sup> floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. We will meet in Conference Room A. Parking vouchers for the parking garage is available at the meeting.

**Speaker: Dr George Guthrie, Faculty at FH Residency Program**

**Discussion Topic:** Often myths and misconceptions are repeated as facts. Evidence indicates damage to the arteries in our body begins before a diagnosis of diabetes. Learn how to PREVENT and manage diabetes with answers to questions such as: What is glucose? What is insulin? What is the relationship between diet and glucose levels? What is the relationship between blood levels of glucose and insulin and disease? What level of blood glucose correlates with complications and/or disease?

**March 15, 2016**

**Tuesday, 7-8:30 PM**

**Orlando Health Heart Institute  
1222 S. Orange Ave.  
Orlando, Florida 32804**

**Directions:** Orlando Health Heart Institute (OHHI) is located in downtown Orlando on the corner of Orange Ave and Underwood across from the Cancer Center. The physical address is 1222 S. Orange Ave. The building is a five story glass building with a red banner across the top of the building that reads Heart Institute. You may park in the garage next to the Heart Institute and enter the building two ways. 1) Through the pedestrian bridge accessible on the 2<sup>nd</sup> level of the parking structure or 2) via the first floor where you may also valet park. Once you are in the building; take the elevators to the 1<sup>st</sup> floor. When you exit the elevators turn left and the OHHI classroom is on your left. Just follow the Mended Hearts signs in the building.

**Topic:** To Be Determined

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to be assured that no change has occurred before coming to any meeting.

Call the National Organization to locate a chapter near you if you don't live in the Central Florida area. 1-888-432-7899 or 214-206-9259 - <http://www.mendedhearts.org>

Our **local** web address is [www.mendedheartsorlando.org](http://www.mendedheartsorlando.org)

2016	March meeting	Contact Joanna Gerry - 321- 843-1093
2016	February meeting	Contact Eileen Krause – 407-342-3708