



**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.

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

Speaker/Topic: Catherine Lobien from “Mended *Little* Hearts”
Date: Tuesday, March 20, 2018
Time: 7:00-8:30 pm

To support “Mended *Little* Hearts”, if desired, please bring an item(s) to the meeting. A list of needed items is on the following page. These items will go to their “Bravery Bags”.

Directions: Orlando Health Heart Institute (OHHI) is 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 via the first floor where you may also valet park. Walk from the parking garage to the OHHI building located next to the garage, enter the building. Just follow the Mended Hearts signs in the building. Walk to the left of the Reception Desk and the classroom is on your left.

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to confirm that no change has occurred before coming to any meeting. Call the National Office to locate a chapter near you if you do not 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

2018 March meeting
2018 April meeting

Contact: Joanna Gerry (321) 843-1093
Contact: Sharry Tamayo (407) 421-0136



Mended *Little* Hearts Bravery Bag Item Drive

Mended *Little* Hearts needs your help to help families with children in the hospital. Please donate—many items can be found in the dollar sections.

- tote bags
- disposable cameras
- toothbrushes and toothpaste
- hair brushes and combs
- soap
- hand lotion
- pens
- magazines
- travel-sized games
- crossword puzzles or soduku
- Play Dough or Silly Putty
- non-expiring phone cards
- Cup O'Soup
- water bottles (they can fill)
- individually packaged snacks
- laundry detergent (single use)
- deodorant
- hand sanitizer
- mints and chewing gum
- journals
- notepads
- coloring books and crayons
- small/medium stuffed animals
- pre-paid credit cards
- gas card

