



Welcome to your March 2018 Mended Heart Chapter Newsletter....

Well here we are into Spring. We actually had a winter this year, with a few days in the high 20's. Just enough to kill some of my delicate outside plants... UGH!

Now that we have all survived our Florida winter we can turn to our gardening and other outside activities. With warm days and cool nights we can enjoy evening walks or other outside activities that you like to do.

This month our meeting will be held at Orlando Regional Heart Institute. Our guest speaker is Catherine Lobien from Mended Little Hearts. We will be collecting items that can be used for families with children who are heart patients. A list of items can be found on the back of the March's information flyer.

A few of your Chapter officers will be attending the American College of Cardiology Conference representing Mended Hearts March 10-12. This is a great opportunity to spread the word about Mended Hearts and Mended Little Hearts among cardiac care teams.

In closing, go out and enjoy the wonderful Spring weather, eat healthy, continue to exercise and stay happy!

Peace & Love,

Larry