



Hi Everyone! Welcome to your October 2018 newsletter.

Beware of Halloween... the ghosts, goblins and witches will be out in full force on Halloween. Or, rather the cutest kids dressed up in all kinds of costumes will be ringing your doorbell and shouting TRICK or TREAT! I really enjoy seeing the kids when they come around.

We are also now in the Fall season although right now it still feels like summer!

Last month's meeting was held at Orlando Health Heart Institute and our guest speaker was Dr. George Andrae. Everyone seemed to enjoy his presentation. He had very strong convictions on the type of food we should be consuming for optimum good health. He also answered many questions on the medication you use.

This month our meeting will be on Tuesday, October 16th at 7 pm at Florida Hospital Orlando Campus. Our guest speaker will be Dr. Scott Bush, Clinical Psychotherapist. He is License Health Counselor and will be speaking on trauma therapy. I hope you can attend.

On October 20, 2018 there will be a Southern Regional conference being held in Hollywood, FL. I will report to you at our November meeting on any new information I might receive.

Thinking about becoming a member? Contact Claire Jones, Treasurer jjonesfl@aol.com or see our website <http://www.mendedheartsorlando.org/join/> for the Member Enrollment Form..

We would like to welcome the following new members to our Chapter:

- Patsy & Maurice Pulliam
- James Van Middlesworth
- Karen & Bruce Paton

In conclusion... stay healthy, happy and hope to see you on the 16th.

Warm Regards,

Larry