



Welcome everyone to your February 2019 Mended Hearts Newsletter.

Hope you are all feeling well and looking forward to the month of LOVE with Valentine's Day and National Heart Month. I encourage everyone to wear RED on Fridays this month to remind everyone that heart disease is such an evil event.

Mended Hearts National should consider sponsoring a Heart Walk for all our chapters to participate in and raise money from local sponsors. Perhaps someday we will see such events taking place during Heart Month.

Just a reminder that the Mended Hearts Southern Region Spring connection is being held on February 9th at Osceola Regional Medical Center. Hope to see you there.

Our next Chapter meeting is being held at the Orlando Health Heart Institute on February 19th. Our guest speaker is Dr. Adam Waldman. He will conduct a question and answer seminar. So, if you have any questions on your health, he will be happy to answer your concerns. It should be an interesting evening. Hope you can attend.

Finally, this Valentine's Day make someone happy and show your love to people who are important to you.

Till then... eat healthy, exercise and be happy!

Peace & Love,

Larry