



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.

“Beyond the Basics of Stress Management”

Jill Kahli, Master of Science in Counselor Education and
Researcher in Mental Health

Date: Tuesday, September 17, 2019
Time: 7:00-8:30 pm
Location: AdventHealth Orlando Campus
601 East Rollins Street
Orlando, FL 32804
Room: Creation Health Conference Room C

Creation Health Conference Room: Park in garage **P1** (formerly Alden St. Parking Garage) accessed near corner of Rollins and Alden Street. Park on 3rd Floor of garage, if possible. On the 3rd floor Parking Garage lobby, turn towards “**To Hospital**” sign (this is going towards Main Hospital). Use the crosswalk which leads to the **F Elevator**. Take the elevator to the **Lobby**. As you exit the elevator, turn left into the **Creation Health Conference Center**. The **Creation C Classroom** will be to the left. Parking garage vouchers will be provided at the meeting.

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

2019 September meeting
2019 October meeting

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