



### February's President's Message

Hi everyone and welcome to your February Newsletter. Seems to me we just started a New Year and now we are already in our second month. Remember this year is a leap year so we add an extra day to February.

February is Heart Month which is also linked together with love and romance. Hopefully some day we might as an organization celebrate Heart month with a heart walk or other activities to remind us to take care of our hearts and to share love with the people around us.

On the schedule this month we have Dr. Massoomi speaking on how to improve heart health with smart devices.

Hope to see you on February 18<sup>th</sup> at 7pm at the Orlando Health Heart Institute.

We all send our best wishes to Inger Lemmens and Scott McClendon for speedy recoveries. Hope to see you both at our next meeting.

On February 8<sup>th</sup> we have a Southern Regional mini conference being held in Kissimmee. For more information, check the Mended Hearts Chapter 364 website.

Till next time, stay happy and healthy and enjoy Valentine's Day.

Peace,

Larry