

Heart To Heart Club



The Heart To Heart Club

- Offers support for people who have cardiac problems and for their families
- Informs and educates about reducing risk factors
- Presents informative programs about coping with heart problems

The Heart To Heart Club Helps You

- Learn how to take care of your heart and make life healthier and happier
- Find out about the benefits of sustained recovery through rehabilitation
- Acquire the latest information about drugs and diet
- Re-enter the community as an active participant
- Feel good about being involved in a mutual support group
- Keep informed about medical advancements, cardiac research, tests and surgical procedures

The Heart to Heart Club

- A free program that is open to everyone who wants to learn more about heart disease
- Is a group of people just like you, learning and sharing together

Next Meeting..... Thursday, March 17, 6:00-7:00 p.m.

Topic..... Mental Health: Why it's important and How to get help

Speaker...Laurie Black and Anne-Tillery Melson from Mental Health America of Fredericksburg

Where..... Join using this link: <https://bit.ly/Heart-to-Heart-2022>

You can join on a smartphone, tablet, or computer. A webcam is optional. You will need a microphone to ask questions. If you do not have one, you can still type your questions in the meeting chat. If you are using a smartphone or tablet, you will need to download the free Microsoft Teams app from your app store, and the link above will automatically open in the app. (You still need to type the link into a browser such as Safari or Chrome.) No computer or smartphone?

Use this call-in number: 540.741.8326, Conference ID: 449580492#
Previous recorded meetings can be found at heart.mwhc.com

To receive e-mail notices, contact shari.denecke@mwhc.com
Cardiopulmonary Health and Fitness



Mary Washington Hospital

Advanced Cardiac Care

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ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística sin costo alguno. Llame al 540.741.2655.

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