



Mended Hearts®

**MENDED HEARTS OF PUGET SOUND**  
**PLEASE JOIN US FOR OUR MONTHLY VIRTUAL**  
**MENDED HEARTS CHAPTER MEETING**

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**EVERY 4<sup>TH</sup> WEDNESDAY | 6:30-7:30 PM**

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Zoom Meeting Link: <https://tinyurl.com/d7t77t79>

Mended Hearts is made up of heart patients, their families and others impacted by heart disease. Its members draw on personal experience as they help others. Since 1951, Mended Hearts support groups have helped people understand that there can be a rich, rewarding life after a heart event.

Meetings will be held monthly, on the 4<sup>th</sup> Wednesday. Members listen, share their experiences, learn from healthcare professionals and volunteer to talk to other heart patients about what they may face, including lifestyle changes, depression, recovery, and treatment.

**We also connect via our Facebook Group.** You can search for ‘Mended Hearts’ of Puget Sound on Facebook or visit directly using this address:

<https://www.facebook.com/groups/258526415816730>

NEED MORE INFORMATION? Contact:

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