



Healing Hearts of Central Ohio

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Support, encouragement, inspiration and monthly heart education meetings to help you take charge of your health.

Many people are overwhelmed with a diagnosis of heart disease or diabetes and can benefit from talking with someone who has been through a similar experience. Visiting with other patients and learning from doctor presentations at Healing Hearts every month can make a difference.

Consider joining our group and taking charge of your health. Chat with other patients with heart disease about common experiences, attend our monthly heart education meetings and be inspired by others who have overcome their disease.

Topics we cover at our meetings include:

- Heart attacks: current treatments and how to return to normal life
- Living with AFib
- Living with heart failure
- An evening with a pharmacist
- Hands-Only CPR
- The link between heart disease and diabetes
- Managing depression
- Reversing coronary heart disease
- Reversing sleep apnea's effects
- Saving lives in the cath lab

To join Healing Hearts and take charge of your heart health, reach out to either of the Healing Hearts representatives listed. For more information, visit healingheartscentralohio.org.

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