



Heart Education Meetings

RSVP to join us and YMCA OF Central Ohio Fitness Leaders presenting their health and wellness program **"Enhance Fitness"**



"Enhance Fitness" (a program geared toward anyone to safely increase fitness levels)

You will also meet inspirational people with serious heart issues and hear some uplifting stories!

Thursday, April 12, 2018

**6:00 pm - 8:00 pm in the Ross Heart Hospital Auditorium,
OSU Wexner Medical Center, 452 West 10th Avenue, Columbus, OH 43210**
Meal provided and a parking pass for the adjacent Safe Auto garage

Enhance®Fitness is geared toward anyone; people with a chronic condition such as arthritis, or people with diabetes and heart disease, to gain strength and aerobic capacity thought to be gone forever. Enhance®Fitness classes are designed to safely increase a participants' fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness among class members. Enhance®Fitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis.

Enhance®Fitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Department on Aging, and the National Council on Aging.

RSVP to Jeff Davidson at (614) 580-1561 or jadavidson@columbus.rr.com
Visit our website at: www.healingheartscentralohio.org

Healing Hearts members seek to inspire, comfort and support heart patients and their families and people at risk of heart disease. Since March 2011, our central Ohio Chapter group has grown to over 300 members and made over 9,000 heart patient visits at the Ross and University Hospital East. We share heart success stories, strive to stay healthy long-term, and host educational meetings each month!