



The Mended Hearts, Inc.

Join us for a peer support group
for heart patients, their families
and caregivers.

**Last Wednesday
of the month**

**6:30–8:00pm at
YMCA at Pabst Farms**

January 31

February 28

March 27

April 24

May 29

June 26

July 31

August 28

September 25

October 30

November 27

December 18

Please use the West End
building entrance to get to
the Multi-Purpose Room.

**FREE TO Y MEMBERS
AND THE COMMUNITY!**

Non-Members please stop by
Member Services to register
and obtain building access pass
prior to first meeting.

QUESTIONS? Please contact
Glenn Welnak at 414-322-7276
or Gary Phillips at 262-844-2370

**SUPPORTING
HEART WELLNESS
TOGETHER**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



The Mended Hearts, Inc.



Mended Hearts Chapter 384 Oconomowoc

Mended Hearts® is the largest cardiovascular peer support network in the world. Our goal is, "To inspire hope and improve the quality of life of heart patients and their families through ongoing peer to peer support, education, and advocacy®".

Studies have shown that belonging to Mended Hearts helps you to improve the length and quality of your life. We believe the hardest work and stress is on the caregiver and we are there for them also. Our main purpose is to visit people before and after heart surgery to ease their fears, provide support and help whenever possible.

We have yearly activities to improve attitude and team spirit.

**Our monthly meetings are the last Wednesday at 6:30 PM
at the Oconomowoc YMCA at Pabst Farms located at
1750 E Valley Road, Oconomowoc, WI 53066.**

We are an organization comprised of very nice people offering a large range of new and exciting speakers, cardiologists, registered nurses, and pharmacists every month covering topics such as cardiology, yoga, diet, and exercise to name a few.

Direct any questions to Vice President Gary Phillips at 262-844-2370 or to President Glenn Welnak at 414-322-7276. See us on FACEBOOK for more details.