

Heart Beat

Volume 12 No. 6 Salinas Valley Mended Hearts Chapter 370 April - June 2024

Upcoming Meetings

April 16, 2024 6:00 PM

Dr. Rikin S. Kadakia ~ "Comprehensive Cardiovascular Care"

May 21, 2024 6:00 PM

Sherrie Addison ~ "Yoga and the Heart"

June 18, 2024 6:00 PM

Fire Chief Justin Reyes ~ "Why Call 911"

Salinas Valley Health 450 E. Romie Lane
Downing Resource Center
Conference Rooms A - C

Wellness Walking Group

When: First Saturday of the month

Time: 10:00 AM – 11:00 AM

Location: Fort Ord Hiking Trails across from Castle Rock Coffee and Toro Café, Hwy 68

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**For more information about Mended Hearts, visit
www.mendedhearts.org**



The Mended Hearts, Inc.
