

Heart Beat

Volume 13 No. 5 Salinas Valley Mended Hearts Chapter 370 Sept 2026 – Nov 2026

Upcoming Meetings

September 15, 2026 ~ 6:00 PM

Sleep Center Staff

“Sleep Hygiene and Your Heart”

October 20, 2026 ~ 6:00 PM

Jamil Matthews, M.D.

“Cardiovascular Health”

November 17, 2026 ~ 6:00 PM

Maribel Roque ~ “Live Well Project”

Salinas Valley Health 450 E. Romie Lane, Salinas
Downey Resource Center Conference Rooms A-B

Chapter Officers:

President:	Julie Jezowski jljezowski@sbcglobal.net
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