Heart Beat

Volume 13 No. 7 Salinas Valley Mended Hearts Chapter 370 Oct 2026 – Jan 2027

Upcoming Meetings

November 17, 2026 ~ 6:00 PM
Maribel Roque ~ "Live Well Project"

December 2026 - No Meeting - Happy Holidays

January 19, 2027 – 6:00 PM
Tina Collins, BSN, RN, IIN Health Coach, ISSA Personal Trainer, RRCA Running Coach – "Functional Movement and Safe Resistance Training after 50"

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

Chapter Officers:

President:	Julie Jezowski jljezowski@sbcglobal.net
Vice President:	Al Stream m-astream@comcast.net
Secretary:	Karen Humphrey nthksh@earthlink.net
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