

Heart Beat

Volume 12 No. 14 Salinas Valley Mended Hearts Chapter 370 Oct 2025 - Dec 2025

Upcoming Meetings

October 21, 2025 6:00 PM

Sherrie Addison - "Yoga and the Heart"

November 18, 2025 6:00 PM

Marilyn Stream - "Preparing Your Family"

December - No Meeting

Salinas Valley Health 450 E. Romie Lane

****Cisluni Plaza Conference Room 3-4****

Chapter Officers:

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

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

Contact: Christa 504-343-6775

email: christacamarillo@gmail.com

For more information about Mended Hearts

Visit www.mendedhearts.org



The Mended Hearts, Inc.