



Mended Hearts™
of Central Ohio

Heart Education Meetings

RSVP to join us and Chef Jim Yue, Whole Foods Market Cooking Coach and Culinary Instructor at the Franklin Park Conservatory, who will be offering free samples and recipes in:



"Hold the Salt, Please – Learning to Use Spices "

You will learn about heart healthy cooking, meet some inspirational people with a variety of heart issues, and hear some uplifting stories!

Thursday, August 11, 2016

**6:00 pm - 8:00 pm in the Ross Heart Hospital Auditorium,
OSU Wexner Medical Center, 452 West 10th Avenue, Columbus, OH 43210**

Light meal provided and a parking pass for the adjacent Safe Auto garage
(visit www.medicalcenter.osu.edu for directions)

Chef Jim Yue is a cooking coach at Whole Foods Market and a culinary instructor at the Franklin Park Conservatory. Chef Yue is a local foods and childhood obesity advocate who was born in Taiwan and raised in the United States. He has co-taught with, and was mentored by, Chef Laura Boyd-Robertson and worked as a cooking instructor for the Local Matters Food Matters program. An avid eater as well as professional cook, Jim's passion is to make ethnic foods accessible with his blend of humor, passion and dramatic flair: "Food should be nourishing, delicious, and tell a story: accept no substitutes!"

RSVP to Jeff Davidson at (614) 580-1561 or jadavidson@columbus.rr.com
Visit our website at: www.mendedheartscentralohio.org

Mended Hearts members seek to inspire, comfort and support heart patients and their families and people at risk of heart disease. Since March 2011, our central Ohio Chapter has grown to over 260 members and made over 8,000 heart patient visits at the Ross and University Hospital East. We share heart success stories, strive to stay healthy long-term, and host extremely diversified heart educational meetings each month!