



## Mended Hearts of Central Ohio

**RSVP to join us**

and **Dr. David A. Sabgir**

who will speak on the topic:

**“Walk with a Doc—  
Health Care Now Being  
Presented in 3D”**

You will meet inspirational people and hear incredible heart success stories!! (Food and refreshments provided)



**Wednesday, July 11, 2012**

**6:00 pm - 8:00 pm**

**OSU Wexner Medical Center, Ross Heart Auditorium  
452 West 10<sup>th</sup> Avenue  
Columbus, OH 43210**

**(use Safe Auto garage-parking fees waived, visit  
[www.medicalcenter.osu.edu](http://www.medicalcenter.osu.edu) for directions)**

Our featured speaker, a cardiologist, is a renowned health and wellness expert who created [Walk with a Doc](#). Dr. Sabgir is recognized by his peers for taking a unique, common sense approach to health care that resonates with patients.

He routinely serves as an expert to print and broadcast media on multiple topics. In addition to medicine, Dr. Sabgir's passion is communicating the benefits of exercise, especially walking.

**To RSVP** and for information on Mended Hearts, please contact Jeff Davidson at: (614) 580-1561 or [jadavidson@columbus.rr.com](mailto:jadavidson@columbus.rr.com) Visit our website at: [www.mendedheartscentralohio.org](http://www.mendedheartscentralohio.org)

Mended hearts has over 18,000 members operating through 300 community-based chapters throughout the U.S. Chapters partner with more than 450 hospitals and cardiac care facilities to provide patient-to-patient heart support. Mended Hearts' accredited volunteers annually average more than 200,000 comfort and support visits and calls to heart patients and their families. In short, Mended Hearts is about the “feel good” of sharing real-life heart stories to comfort others, staying healthy long-term, making new friends, and keeping current on developments in cardiac care and heart disease research.

**Dr. David Andrew Sabgir**, a board certified cardiologist, is a renowned health and wellness expert who created Walk with a Doc. Dr. Sabgir has loved practicing medicine for close to 13 years and is recognized by his peers for taking a unique, common sense approach to health care that resonates with his patients.

In addition to Walk with a Doc, Dr. Sabgir routinely serves as an expert to essentially every print and broadcast media in central Ohio on multiple topics including diet, causes of fatigue, blood pressure, alcohol consumption, and more.

In addition to medicine, Dr. Sabgir's passion is communicating the benefits of exercise, especially walking, and was thrilled to address audiences including the American Heart Association Go Red Luncheon, The Ohio State University's Division of Cardiology, Honda Family Festival, Wolfe Symposium, Capital University, City of Worthington, Capital Area Safety Council, and the Cleveland Clinic Division of Cardiology.

Dr. Sabgir is an active member of the American Heart Association, American Medical Association, American Society of Echocardiography, American College of Cardiology, and American College of Physicians. He also serves on multiple advisory boards, including the National AARP, where he serves on the Fitness Advisory Board, and The Wellness Community where he serves on their Physician Board. He is the proud recipient of 2008 and 2010 Central Ohio's Health Care Heroes Award, a member of 2009's 40 Under 40 Class (presented by Columbus' Business First), and honored to be recognized as a Finalist for Columbus' 2010 Jefferson Award and 2010 Visionary Award from the Columbus Young Professionals.

