



Mended Hearts™  
of Central Ohio

Heart Education Meetings

**RSVP to join us and Cheryl Carmin, Ph.D, Professor of Psychiatry and Behavioral Health, Director of Clinical Psychology Training, and Director of Behavioral Cardiology at OSUWMC speaking on:**



**"Heart & Mind:  
Depression, Anxiety and  
Heart Disease"  
(with Q&A opportunities).**

You will also meet some inspirational people with serious heart issues and hear some uplifting stories!

**Thursday, November 10, 2016**

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

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

**Cheryl Carmin, Ph.D** is a psychologist who specializes in the evidence-based treatment of anxiety disorders. She believes cognitive behavior therapy has been found to be the best first line treatment for anxiety. At Ohio State, she provides the most modern and advanced care available. She is a Beck Scholar (2004-2005), served on the Board of Directors for the Association of Behavioral and Cognitive Therapies (2008-2011), and has completed research relating to anxiety and coronary heart disease. She completed her internship in Psychology at the Minneapolis VA Medical Center and also completed a post-doctoral fellowship in Cognitive Therapy for Anxiety Disorders at Case. She specializes in psychology, anxiety, cognitive therapy, panic disorder, phobic disorders, behavioral cardiology, illness behavior, psychotherapy and psychiatry.

**RSVP** to 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 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 280 members and made over 10,000 heart patient visits at the Ross and University Hospital East. We share heart success stories, strive to stay healthy long-term, and host educational meetings each month!