



# Mended Hearts of Central Ohio

**RSVP to join us**

**Ellen Aberegg and Jim Warner**  
to learn about



**"Heart Healthy Foods: Food Prep Demo,  
Nutrition, and Healthier Tailgating!!"**

Meet inspirational people and hear incredible  
heart success stories!!  
(Food and refreshments provided)

**Wednesday, September 12, 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)

**Ellen Aberegg** is the Team Leader of Cardiac Rehabilitation at the OSU Wexner Medical Center "Center for Wellness". **Jim Warner** is the Program Director, Food and Nutrition in the Nutrition Services Department of OSU Wexner Medical Center. Together, Ellen and Jim have years of experience in cardiac rehabilitation and nutrition education, guiding patients through the recovery process.

**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.