



# Mended Hearts of Central Ohio

**RSVP to join us**  
and **James Onate, PhD, AT**

to learn about: **“Physical  
Fitness Optimization and  
Sustainment—Keeping Active  
Throughout the Lifespan”**

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



**Wednesday, May 9, 2012**

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

**OSU Medical Center, Ross 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 **James Onate, PhD, AT** is an Associate Professor in the School of Health and Rehabilitation Sciences and Co-Director of the Sports Medicine Movement Analysis & Performance Research Program at OSU. Dr. Onate has published many articles and his bio can be seen on our website. At this meeting, he will speak on getting fit and staying fit—movements, exercises, training paradigms for both low and high levels of fitness, HR monitoring, eating right, etc....

**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.