

Mended Hearts – a Support group for all!

The Mended Hearts Support Group was established by the Heart and Stroke Foundation SA (HSFSA) in 2006 with the goal to provide a meeting place for people, and their family members, who have experienced a cardiovascular event.

Mended Hearts aims to give educational support and advice to these Survivors, in an effort to prevent a second event from occurring. In Cape Town, Mended Hearts meetings are attended by 40 to 50 people on a monthly basis, aged between 30 – 80 years. The HSFSA assists members through the recovery process by inviting speakers, ranging from Cardiologists, Occupational Therapists, Neurologists and Dieticians, to present on relevant health topics eg. Stroke Prevention and Recovery; Managing High Blood Pressure and Cholesterol; Learning CPR and how to handle medical emergencies; Open Heart Bypass Surgery Demonstration; Stress Management; Living with Diabetes; Shopping and Cooking the Heart Healthy Way. Members are also invited to social evenings which take the form of feedback sessions.

To date, over 500 people in the Cape Town area have benefited from this Support Group, and we plan on increasing our footprint nationally and assist thousands more individuals. The HSFSA aims to create awareness of cardiovascular disease and make it known to the public that cardiovascular disease is a **lifestyle** disease which can affect people of all ages and backgrounds.

If you would like more information on how you can join Mended Hearts or support this initiative, please contact Murishca Martheze on 021 447 4222.

- ENDS -

For more information contact: Murishca Nayar-Martheze, Communications Officer, the Heart and Stroke Foundation SA
- +27-21-447 4222 - email: murishca@heartfoundation.co.za.

The Heart and Stroke Foundation SA

The Heart and Stroke Foundation South Africa is a community-based organisation established to reduce the incidence of heart disease and stroke in the population of South Africa by providing education and supporting vital research. For further information visit www.heartfoundation.co.za