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Southeast Georgia Health System Offers Mended Hearts Peer to Peer Support Group

BRUNSWICK, Georgia: January 8, 2025 – Southeast Georgia Health System is launching a local community chapter of Mended Hearts, the largest peer-to-peer cardiovascular patient support network that provides education, support and hope to all types of cardiovascular patients and their caregivers.

Learning that you have a heart condition can be a frightening experience. If your condition requires surgery or another procedure, it can add another layer of stress. Some common questions that individuals with heart problems may have include, “What now? Will I be able to resume my routine? Will I have to make changes to my lifestyle?”

If you are a caregiver to someone who’s just experienced a heart event, you’re probably asking yourself questions, too, such as, “What do I need to do to help take care of my loved one?” That’s where Mended Hearts can help.

The support group’s first meeting will be held on Tuesday, Jan. 28, from 3-4 p.m. and will continue on the fourth Tuesday of each month thereafter. Meetings will be led by Candace Anderson, RN, BSN, Cardiovascular Service Line Nurse Coordinator at Southeast Georgia Health System, and will take place in the Health System’s Cardiac Rehabilitation Education Room located at 2415 Parkwood Avenue on the Brunswick Campus.

The power of sharing your own experiences, offering a voice of support and a helping hand can help relieve a worrisome mind.

To learn more, call Candace Anderson, RN, BSN, at 912-466-1128 or email cander3@sghs.org.

ABOUT SOUTHEAST GEORGIA HEALTH SYSTEM

Southeast Georgia Health System is a not-for-profit health system comprised of two acute care hospitals, two Cancer Care Centers and multiple specialty care centers, including orthopaedic and spine care, joint replacement, breast care, maternity, outpatient rehabilitation, sleep management and wound care. The Brunswick Campus Cancer Care Center is accredited by the American College of Surgeons Commission on Cancer and is one of the few centers in Georgia to offer CyberKnife® M6 with MLC. Additionally, the Brunswick Campus is accredited by The Joint Commission as an Advanced Primary Stroke Center and the Camden Campus is accredited as an Acute Stroke Ready Hospital. The Southeast Georgia Physician Associates medical group includes more than 160 providers working in 20 different medical specialties at more than 40 locations. The Health System is part of Coastal Community Health, a regional affiliation between Baptist Health and Southeast Georgia Health System, a highly integrated hospital network focused on significant initiatives designed to enhance the quality and value of care provided to our contiguous communities. For more information, visit sghs.org.

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