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

BRUNSWICK, Georgia: February 4, 2020 – 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 there is a problem with your heart can be a frightening experience. If your condition requires surgery or another procedure, that can add another layer of stress. What now? Will I be able to resume my routine? Will I have to make changes to my lifestyle? These are all common questions those with heart problems may face.

If you are a caregiver to someone who’s just been through 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.

A kick-off meeting, led by chapter leader Karl P. Ullrich, Ph.D., will be held on Tuesday, Feb. 18, 6-7 p.m., in the Southeast Georgia Health System Linda S. Pinson Conference Center, Room 1, on the Brunswick Campus. The purpose of this meeting is to introduce the Mended Hearts program to the community and to recruit volunteers to get involved with the program to help provide support to those that have experienced a frightening heart event. 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, visit mendedhearts.org or call 912-466-1100 or 912-222-9260.

ABOUT SOUTHEAST GEORGIA HEALTH SYSTEM
Southeast Georgia Health System is a not-for-profit health system comprised of two acute care hospitals, two long term care facilities, three immediate care centers, five family medicine centers and numerous employed physician practices. The Health System has multiple outpatient specialty care centers, including the only CyberKnife® M6 with MLC technology program in Georgia, and a Cancer Care Center accredited by the American College of Surgeons Commission on Cancer. The Health System is part of Coastal Community Health, a regional affiliation between Baptist Health and Southeast Georgia Health System forming 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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