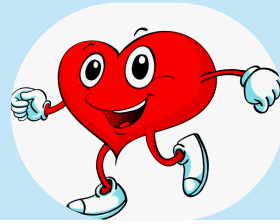


JUNE/JULY 2018

Ticker



Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 - Chartered 1989

Volume 28, Number 6

www.mendedhearts216.org

Living Well with Diabetes

June 20
7:00pm

Susan Watkins, RD, CDE

Susan Watkins, RD, CDE is originally from Ohio and attended Kent State University. She has been a Registered Dietitian for 18 years. She is also a Certified Diabetes Educator. She is the manager of St. Joseph Health's Center for Health Promotion, where she has worked for 14 years. She is versed on providing disease management to patients with multiple medical conditions, as well as managing the Center for Health Promotions HMR weight loss program. The HMR weight program has won best, fast weight loss diet by the US News and World Report for the 3rd year in a row! She also runs the department's diabetes program, which has been recognized nationally by the American Diabetes Association.

She enjoys writing and giving presentations to the medical community and patients. She is married, with 2 daughters and on her off time loves spending time in the sun and at the beach!



FOR THE HEART PATIENT AND THEIR FAMILIES

Don't forget the Program starts at 7:00pm, Wednesday June 20th at the Conference Center. Come early for a seat as the program is always very popular and the public is invited. Refreshments start at 6:30pm.



Location:

Mission Hospital Conference Center
26726 Crown Valley Parkway Mission Viejo, CA 92691