

- VERY IMPORTANT -

# HEARTS

If you or a loved one have experienced a cardiac event, it is sure to impact your life in many ways. Come and join us for Very Important Hearts, a support network designed to provide education on how to prevent, treat and reverse heart disease. In addition to hearing from speakers in a variety of healthcare fields, you will be able to share your experiences and listen to the stories of others going through similar challenges.



## CARDIAC SUPPORT GROUP

**Join us on the second Tuesday of each month, 10 - 11 a.m.**

Attendance is free and meetings are held at all four locations.

## CARDIAC YOGA

**Every Tuesday 11 a.m. - 12 p.m.**

Attendance is free and meetings are held at Seton Medical Center Williamson.

### 1. Seton Medical Center Williamson

201 Seton Parkway • Round Rock, TX 78665

Please RSVP to Dawn Hubbard at

512-324-4000, X 21828 or [dmhubbard@seton.org](mailto:dmhubbard@seton.org)

### 2. Medical Park Tower

(adjacent to Seton Medical Center Austin)

1301 W. 38th Street - Suite 405 • Austin, TX 78705

Please RSVP to Ivonne Gonzales at

512-324-1037 or [igonzales2@seton.org](mailto:igonzales2@seton.org).

### 3. Seton Southwest Hospital

7900 FM-1826 • Health Plaza II, Suite 101 • Austin, TX 78737

Please RSVP to Renee Kuykendall at

512-324-9283 or [RJKuykendall@seton.org](mailto:RJKuykendall@seton.org).

### 4. Seton Medical Center Hays

6001 Kyle Parkway • Kyle, TX 78640

Please RSVP to Kirk Perry

512-504-5129 or [kwperry@seton.org](mailto:kwperry@seton.org).