

Mended Hearts of Waukesha County Minutes

President Glenn Welnak called meeting to order at 6:30 P.M. on June 9, 2013.

With 10 people attending the meeting.

Tammy Gallow talked to us about dietician. Most of the talk was about the Mediterranean Diet. Eat right. Eat more fruits & vegetables. Also eat wild salmon about 3oz. a day. Use olive oil & Canola oil when cooking.

You had to be there to understand what she was telling us.

Submitted by
Augie Fortmann, Secretary