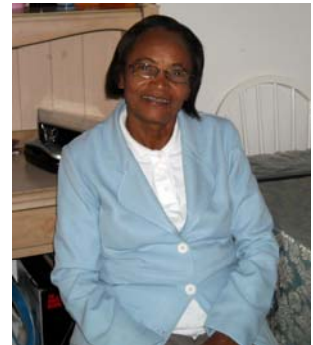


FHRI received testimonials from Living for Health participants in the North and South Miami-Dade events

North Miami-Dade

Marie Brazier - I would like to say that day I did not know my blood pressure was elevated. Because of the screening that day, I went to see a doctor right away and got my blood pressure medication changed. The doctor gave me a different medication that helped keep my blood pressure under control. I am really grateful to the Institute for providing these screenings that made me aware of my blood pressure. (5th Annual Haitian Elders. Event#108)



Oswaldo Delbado - At the health screening, I was told that my cholesterol was high, but because I don't have medical insurance, I haven't been able to see a doctor. Thanks to the advice I received from the institute's staff, I have made changes to my diet and started exercising frequently. Also, I stopped eating at Burger King. I want to thank the Florida Heart Research Institute for providing these screenings in my community. (Henry Schein Healthy Children, Healthy Lifestyles Health Fair. Event #99)

Earl Brundayc- After the health screening and with the advice I received , I have made dietary changes to increase my good cholesterol. I have added a lot more whole grains, I have switched from white rice to brown rice, and I eat veggies every night with dinner. (Henry Schein Healthy Children, Healthy Lifestyles Health Fair. Event #99)

Anne Cadelly- This is the first time I have people care about my health and it really means a lot to me. The staff gave me good nutrition and healthy lifestyle advice; I feel that I can do a lot more for my own health. I love the fact that the Institute followed up with me over the phone to see how I was doing. The person I was talking to gave me very good tips on how to keep on track with my diet and exercise. Thank you very much and God bless you. (5th Annual Haitian Elders. Event#108)

FHRI received three very dramatic testimonials from Living for Health participants in the South Dade Events:



My name is Maria Alves and I got my sugar, cholesterol and blood pressure checked by FHRI. I was extremely happy about this because I do not have insurance and cannot afford to go see a doctor. They told me that my blood pressure was really high. This was the first time I had heard that I had high blood pressure. The young man told me about the dangers of having high blood pressure.

He also told me about a clinic by my house that I can go see a doctor. He also advised me to eat a low sodium diet. I went to the clinic that he recommended and saw a doctor and very soon after bought the medication that the doctor prescribed. My medicine was extremely affordable. I am very thankful for the help and guidance that Florida Heart has given me. **Event #33 – 5/1/09**



My name is Jacqueline Alcina and I got my cholesterol, blood pressure and glucose checked for free with Florida Heart Research Institute. They discovered that my cholesterol was really high. They explained to me the importance of good cholesterol and gave me a lot of advice on how to lower my cholesterol. They told me how to diet and exercise properly. Since then I have my cholesterol under control and have never felt better thanks to Florida Heart. **Event #76 – 2/27/10**



Hi my name is Felipe Bueno and a few months ago I received a free screening from Florida Heart. This was my first check up in over 5 years. They told me that my total cholesterol was high and my good cholesterol was really low. This was the first time I had ever heard about good and bad cholesterol. They told me to increase my omega 3. They also told me to eat a healthier diet and to increase my exercise level. Since then I have received another screening from Florida Heart and was happy to find out that my cholesterol was great. My good cholesterol has risen to 45. Thank you very much Florida Heart. **Event #50 – 8/15/09**