

FHRI received three very dramatic testimonials from Living for Health participants in the last few months:



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**