



National Wear Red Day is Friday, February 7, 2025.
The Mashpee Women's Club will celebrate on Tuesday,
February 18th as we feature Heart Health with
**George Frongillo, President,
Mended Hearts of Cape Cod**

George Frongillo, 73, of Mashpee, was watching a movie with his wife, Kathy, in September 2016, when he suffered a heart attack and stopped breathing. As police and EMTs came through the door, Frongillo's heart stopped. After several minutes of working to resuscitate him, EMTs finally got a pulse and rushed him to the hospital. Thankfully, he came through OK.

Frongillo's experience changed his attitude toward life, so when he came upon a brochure about Mended Hearts, a cardiac patient support organization, he found a safe space to share his journey. Join us as George shares his journey to heart health.

Menu: Salmon with Cucumber Dill Sauce. Vegetarian Option: Vegetarian Ravioli. If you have a food allergy or dietary restriction, email cindyscollins@comcast.net. Doors will open at 11:30 and lunch will begin at 12:00 Noon at New Seabury Country Club. All are welcome to this event on Tuesday, February 18th.

Reservations must be received by Noon on Monday, February 10, 2025.

Reserve by Venmo to Mashpeewomensclub, or send checks to MWC, P.O. Box 1613, Mashpee, MA 02649 (be sure to include your name and address). Note: if you are paying by Venmo, please make sure that the button on the payment screen is not toggled, as you are NOT paying for a service or making a purchase. Whether paying by check or Venmo, please indicate "February Luncheon" on your payment.

JOIN US AS WE WEAR RED ON TUESDAY, FEBRUARY 18TH IN SUPPORT OF HEART HEALTH