



Let's connect during American Heart Month!

February is American Heart Month, and Abbott HeartMates is going all in on what you, our amazing community members, have told us you want more of: **opportunities to connect, share your stories and find support.**

That's why we're so excited to announce that we're hosting our first **Abbott HeartMates Huddle Blitz**, a series of four virtual huddles for HeartMates around the country, as well as four in-person events in **Columbus, Ohio; Los Angeles; Dallas** and **Philadelphia**, most of which will be hosted by HeartMates ambassadors [Damar Hamlin](#) and [Tedy Bruschi](#), along with Abbott cardio experts.

In-Person Huddles

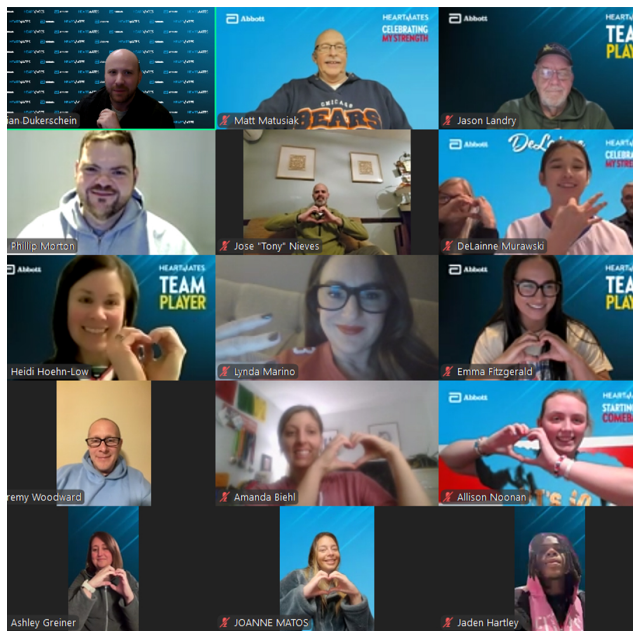
These three-hour gatherings will feature meaningful conversations, food and fellowship, and face time with our ambassadors. (Unfortunately, Damar and Tedy cannot attend the Columbus event due to the football championship.)



- **Feb. 7 in Columbus. 2-5 p.m. Eastern. [Register here.](#)**
- **Feb. 11 in Los Angeles with Tedy. 3-6 p.m. Pacific. [Register here.](#)**
- **Feb. 21 in Dallas with Tedy. 2-5 p.m. Central. [Register here.](#)**
- **Feb. 25 in Philadelphia with Damar. 3-6 p.m. Eastern. [Register here.](#)**

Virtual Huddles

These hour-long Zoom gatherings allow HeartMates to come together **regardless of where they live.** They're a great way to meet other community members, ask questions and share your feelings.



- **Feb. 4 at 5 p.m. Central with Tedy and Damar. [Register here.](#)**
- **Feb. 13 at 4 p.m. Central with Damar. [Register here.](#)**
- **Feb. 21 at 11 a.m. Central with Tedy. [Register here.](#)**
- **Feb. 25 at 6 p.m. Central with Damar. [Register here.](#)**

Space at all these events is limited and first come, first served, so claim your spot!

Abbott HeartMates Spotlight



Congratulations to Debbie Forrester, who won the Abbott HeartMates Holiday Watch Party Sweepstakes and is the lucky recipient of the autographed jacket Damar wore in the Hallmark Channel original movie “The More the Merrier.”

Debbie lives in New Jersey and is the Public Safety Director for a nonprofit in New York. A native of Brooklyn’s Crown Heights neighborhood, Debbie’s heart health journey started when she was diagnosed with [mitral regurgitation](#) (a leaky mitral valve). Thanks to careful monitoring from her heart specialist and minor lifestyle changes, Debbie is managing her condition and continuing to live a healthy and happy life. “I do get a little winded with certain activities and have some restrictions, but I feel that I understand what my condition is and, more importantly, how to live with it.”

In addition to practicing stress-minimizing hobbies such as yoga, Pilates, cooking and crochet, Debbie is an ambassador for a mental health organization. “Advocating for those who suffer with mental health illness and their access to care means a lot to me,” she says.

Winning Damar’s jacket is a full-circle moment for Debbie, as she first learned about Abbott HeartMates by hearing him talk about the community. “I jumped at the opportunity to join,” she says. “Abbott HeartMates makes it possible for those of us with heart-related issues to feel safe and relate to each other. Living with a heart condition can be hard, but HeartMates makes it easier.”