



“My total approach to life had to change”

Roni/Aortic Dissection

Journeys

Real people sharing their stories to help and support others.

Visit heartfoundation.org.nz/journeys
or call 0800 863 375

You are not alone



**“I sometimes
feel very
disheartened.
Everything
has changed”**

Mani/Heart attack

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**“The key is to
stay active – just
do something
every day”**

Dennis/Heart attack

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