



# Advent Health

## Hearts Of Love Creative Item

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### **Step 1:**

Print the heart pattern and cut it out. If you cannot print the pattern, please make your own pattern creating a 7" heart.

Pattern can be found here: [Lovies-Pattern.pdf \(niculovies.org\)](http://niculovies.org/Lovies-Pattern.pdf)

If you want to make the pattern more durable, trace the paper pattern on to something thicker such as cardstock, cardboard, a manila folder. You can also print directly on to cardstock if your printer can accommodate larger paper.

### **Step 2:**

Trace the heart pattern on the back side of your fabric. You need to trace 4 hearts for every set. Then cut the fabric hearts out.

**One Side of the Heart Needs to be a white or light solid color fabric so the nursing team can write inspirational messages and bible quotes on them.**

**The Other Side of the Heart can be a adulty, happy and whimsical fabric.**

### **Step 3:**

Place the two hearts together, right-sides in, and stich all around the heart, leaving a two-inch opening. Trim the extra fabric.

### **Step 4:**

Turn the heart inside out using the opening you left. Then iron the heart flat.

### **Step 5:**

Top-stitch the heart all the way around. The finished heart should be approximately 7 x 7 inches.