



HER HEART MATTERS

WEAR RED CANADA • FEB 13

THERE IS A LOT
WE CAN ALL
DO TO HELP
REDUCE THE RISK.

HEART DISEASE
IS **LARGELY**
PREVENTABLE



BE ACTIVE,
KEEP MOVING



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EAT A VARIETY OF
HEALTHY FOODS



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MANAGE STRESS



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LIVE FREE FROM
COMMERCIAL TOBACCO
AND VAPING



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LIMIT ALCOHOL

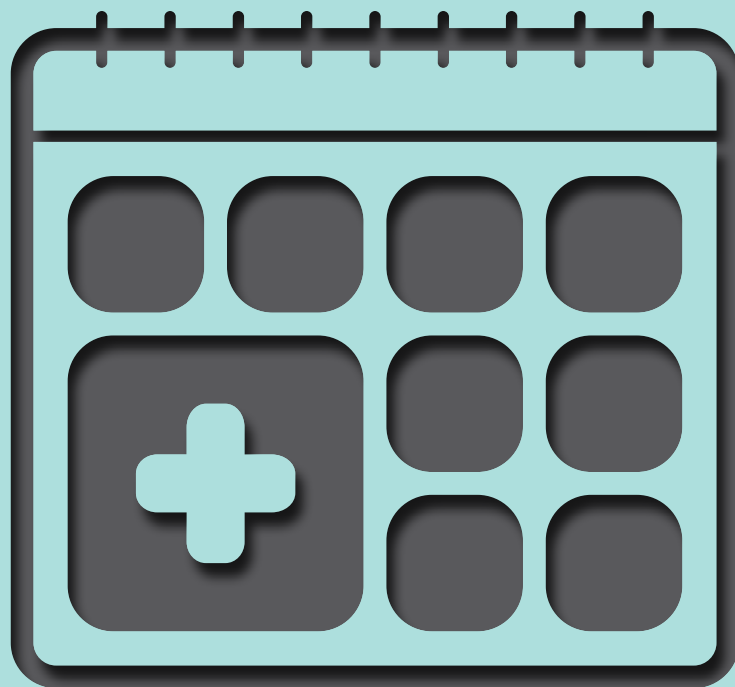


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GET REGULAR
CHECK UPS