

heart to heart

COMMUNITY TALK



Come have a heart to heart with us!

Join a panel of exercise, clinical and wellness experts from the regional cardiac care program for a conversation about your heart health:

Cardiovascular disease & risk factors | Heart failure | Heart-healthy eating & exercise | Managing medications | Cultural factors | Smoking cessation

Thursday, February 15, 6-8 p.m.

Abilities Centre (55 Gordon St., Whitby)

Learn more and RSVP at

hearttoheartdurham.eventbrite.ca



Stay active with Touch Screen Gloves

Attendees will receive a free pair of touch screen gloves to stay active outdoors this winter and keep your fingers warm while using your smartphone



central east regional
cardiac care program

SCARBOROUGH-DURHAM