



# Women's Healthy Heart Initiative presents **3 events** for **Wear Red Canada** Week

## TUESDAY, FEB 11: **PHYSICAL ACTIVITY WORKSHOP**

- Learn how physical Activity can improve your heart health
- Discover motivational strategies for becoming more active
- Work with certified trainers to plan a home fitness program
- **SPEAKER:**  
Steven A. Grover, MD  
Professor of Medicine,  
McGill University
- **TIME:** 3pm-5pm
- **LOCATION:** MUHC Research Institute, Glen site Block E, Cruess Amphitheatre, Room S1.1129, 1001 Decarie Blvd
- **REGISTRATION:**  
[www.whhionline.ca](http://www.whhionline.ca)

## THURSDAY, FEB 13: **WEAR RED CANADA DAY MEDITATIVE YOGA SPONSORED BY LOLÈ**

- Meditative yoga sessions from 10am – 2pm
- Donate \$5 to WHHI and get a chance to win Lolè package
- Get information from the WHHI team on what you need to know about women and heart disease prevention
- **TIME:** 10am – 2pm
- **LOCATION:** Research Institute Atrium: 1001 Blvd. Decarie – The Glen E.S1.1123
- **YOGA REGISTRATION:**  
[www.whhionline.ca](http://www.whhionline.ca)

## FRIDAY, FEB 28: **LUNCH & LEARN WHAT YOU NEED TO KNOW ABOUT WOMEN & HEART DISEASE**

- **SPEAKER:**  
Wendy Wray, RN, BScN, MScN,  
Director WHHI
- **TIME:** 12pm – 2pm,  
lunch provided
- **LOCATION:** B02.6851
- **REGISTRATION:**  
[www.whhionline.ca](http://www.whhionline.ca)



# #HERHEARTMATTERS

For more information and resources, visit:  
**WEARREDCANADA.CA**