



Wear Red to raise awareness
about women's heart health

FEBRUARY IS HEART HEALTH MONTH
JOIN THE WHHI AND THE PHYSIOTHERAPY DEPARTEMENT OF THE RVH ON FEBRUARY 12TH 2024

Time : 9:30-13:00

Place : Hallway outside of the Cardiology Department, CRC. 2017

Why : Advice and information on recommendations and advantages of exercise will be offered and the opportunity to participate in some light exercises.

Exercise is one of the best ways to stay in good health!



#HERHEARTMATTERS

For more information and resources, visit:

WEARREDCANADA.CA



CANADIAN WOMEN'S
HEART HEALTH CENTRE

NATIONAL
ALLIANCE