

FEBRUARY IS HEART MONTH

#1 KILLER OF CANADIAN WOMEN IS HEART DISEASE

80% of Heart Disease is
preventable.

Do you know the risk
factors & what you can
do about it?



#HerHeartMatters

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**HEART DISEASE & STROKE
CLAIM THE LIFE OF 1 WOMEN
EVERY 15 MINUTES IN CANADA**

Do you know the risks?

**Do you know the changes
to make to reduce your
risk score?**



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FEBUARY IS HEART MONTH

ONLY 11% OF WOMEN CAN NAME 1 OR MORE WOMEN SPECIFIC RISK FACTORS FOR HEART DISEASE & STROKE.

Do you know the risks?

Do you know the changes to make to reduce your risk score?



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