

MOST BALANCED HEALTHY HEARTS CLINIC

Put your heart in it

FOR THE HEALTH OF IT



Dr. Shekhar Pandey, Cardiologist at the Cambridge Cardiac Care Centre and organizer of the annual Healthy Hearts Clinic, calls this year's presentation "interactive and hands-on." "Rather than just presenting information, this year's Healthy Hearts will invite active participation, with question and answer periods, practical strategies and tips, self-assessment questionnaires, even a heart healthy report card."

The keynote speaker for the 2012 Healthy Hearts Clinic, delivering the 8th annual Linda d'Souza Lecture is Joan Fisk. The former CEO of Tiger Brand of Cambridge is a current member of WLU's Board of Governors, and is on the Dean's Advisory Committee for Laurier's School of Business & Economics. She also serves as the current chair of the Waterloo-Wellington Local Health Network. As a strong female role-model, with a rich background in business as well as in community service, Fisk will address the importance of achieving a balance in a today's hectic lifestyle.

In keeping with the interactive theme, a number of smaller group seminars will be offered for registrants:

- Dr. Michael Lawrie, Chief of Staff at Cambridge Memorial Hospital will present an overview of the risk factors for heart disease.
- Dr Valerie Thompson of the Two Rivers Family Health Team in Cambridge, and a leading stress management physician will focus on mind-body wellness for cardiac health.
- An area Yoga practitioner will lead participants in exercises and meditations to address the role of stress management in a healthy- heart lifestyle.

- A Cardiac Nursing team will offer on-site, one-on-one personal cardiac counselling, including calculation of registrants' Body-Mass Index (BMI)—a key-determinant in predicting heart disease.
- A Dietician (name to be announced at a later date) will offer a "hands-on" approach to eating heart-healthy, including quick and easy menus and recipes for meals and snacks.
- A Kinesiologist (name to be announced at a later date) will discuss the importance of exercise in a healthy lifestyle, and will provide practical tips to incorporate exercise into the busy working day.
- Dr. Pandey, also Staff Cardiologist at Cambridge Memorial Hospital, Cathing (Angiogram) Cardiologist at St. Mary's Hospital in Kitchener, and Assistant Clinical Professor in the Department of Medicine at McMaster Hospital in Hamilton will wrap up the Clinic. He will summarize the speakers' presentations, with an emphasis on the role stress management plays in the heart-healthy lifestyle.

Audience members will have the opportunity to participate in a variety of activities at Clinic breaks. A number of vendors in the field of health care will be on site, offering clinic "passports" which will quality those attending for door prizes.

The Healthy Hearts Clinic will be held on Saturday, April 21, 2012 from 8am to 1 pm at St. Benedict Secondary Catholic School – Cambridge (at Franklin & Saginaw).

There is no charge for the Clinic, although due to the large number expected, pre-registration is encouraged by calling 519-624-3511 after 5pm. or healthyheartday@rogers.com



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