



*Dr. Pandey
invites you to the
8TH Annual
Healthy
Heart
Day*

Saturday, April 21, 2012
8:00 am - 1:00 pm

Save the women in our lives!

7:30 - 8:00am	Cardiac Rehab Walk
8:00 - 8:05am	Opening Address Dr. A.S. Pandey, M.D. <i>Cardiologist, Cambridge Cardiac Care Centre</i>
8:05 - 8:20am	Survivor Story Stephanie Uhrig
8:25 - 8:55am	Do you know your numbers? Dr. M. Lawrie, M.D., <i>Chief of Staff, Cambridge Memorial Hospital, Family Physician, Cambridge</i>
9:00 - 9:30am	Motivation Speaker: "Get Buff from the inside out", Leslie Gordon Christie
9:35 - 10:05am	Key Note Speaker Joan Fisk, Governor, Wilfrid Laurier University, Board Chair, WWLHIN
10:10 - 10:30am	Heart Disease & Music Dr. Alter, MD. PhD. FRCP(C), Cardiologist
10:30 - 10:40am	Panel Question Period
10:40 - 10:55am	Break & Visit Booths
10:55 - 11:25am	"Valuable Tips on Healthy Eating" Rhonda Yetman, RD, <i>Dietitian, Diabetic Education Program Waterloo Region, Langs Farm Village Association</i>
11:30 - 12:00pm	"Manage your Life, Manage your Stress" Dr. V. Thomson, M.D, B.Sc.N., <i>Family Physician, Leading Expert on Stress Management</i>
12:05 - 12:15pm	Yoga –Melt Away Tension Tammy Lawrence Cymbalistry
12:15 - 12:45pm	Putting all the Pieces Together: Benefits of Risk Reduction Dr. A.S. Pandey, B.Sc. (C.L), M.D., F.R.C.P (C), A.B.I.M., C.B.N.C., Cambridge Cardiac Care Centre
12:45 - 12:55pm	Panel Questions, Door Prize Draw & Wrap Up