

Led by Dr. Christopher Lai, program leaders are a diverse mix of highly qualified health professionals and cardiac patients.

The team brings an eclectic background and personal experiences to the Retreat!



**Here is what some of the previous year's participants had to say....**

"I thought I knew quite a bit about my cardiac condition, but I found this course gave me so much more—so many insights."

"A very well organized and admirable retreat which is an excellent start on filling a large void in the lives of cardiac patients and their partners by providing up-to-date medical information and consultation, knowledge about exercise and diet, relation and most of all camaraderie and sharing emotional support and a common bond. I hope such initiatives continue and expand."

*Northern Hearts is Improving Quality of Life for Hearts in NWO through Education, Treatment and Research.*

**Sponsorships**

Did you know that 60% of Thunder Bay's hospital admissions are cardiac-related? The incidence of heart disease in NWO is 50% higher than the rest of the province. Healthy employees are effective and efficient employees thus affecting every organization's success.

Sponsorship is a great way for employers to show they care about the health of employees and customers. The Retreat can become an opportunity for professional development or the sponsorship of an employee. Employers can sponsor selected employees or reserve spots at the retreat and offer them as incentives or prizes. For more information about the sponsorship program please contact us.

**Donations**

We gratefully accept donations to provide a limited number of partial scholarships for Northwestern Ontario individuals who can benefit greatly from the retreat but who could not otherwise afford the experience. All donations over \$10 are tax deductible.



**Northern  
Hearts**

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**Northern  
Hearts  
Retreat**

October 15–18, 2009  
Best Western Nor'Wester  
Resort Hotel



**Have you or a loved one been diagnosed with heart disease?**

**Are you at Risk?**

**High Blood Pressure?**

**Unhealthy Weight?**

**High Cholesterol?**

**Smoker?**

- Gain scientific yet practical information about heart disease directly from cardiologists and qualified health professionals
- Learn how to modify your risk factors for heart disease
- Get support for making healthy lifestyle choices
- Relax and have fun in a comfortable and scenic setting



# Northern Hearts Retreat

**Who:**

Individuals affected by heart disease or those at high risk of developing heart disease and their partners. Up to 50 participants are accepted on a first-come first served basis.

**What:**

A 4 day getaway for residents of Northwestern Ontario. It is a unique opportunity to learn how positive lifestyle choices can help one cope with heart disease.

**When:**

Thursday, October 15, 2009 to  
Sunday, October 18, 2009

**Where:**

Best Western Nor'Wester Resort Hotel  
2081 Highway 61, Thunder Bay

**Why:**

Good choices depend on good information. Learn from health experts how to put it into practice

**Program Highlights**

- Current information about managing heart disease
- Group discussions and workshops
- Healthy cooking demonstrations
- Introduction to physical activities including swimming, dancing, and exercises
- Relaxation techniques to cope with stress
- Personalize your retreat by choosing your activities
- Time for privacy and reflection
- Fun and laughter

**To Register**

The value of this program exceeds \$1,200. Due to the generosity of our sponsors and supporters, we are able to offer the program for \$500/person (own room) or \$375/person (shared room). Prices include accommodations, meals, snacks, lectures and activities. Each participant will receive a personalized information binder.

Complete the attached registration form and send it with a deposit of \$100 per person to Northern Hearts, 384 Fort William Rd, Thunder Bay, ON P7B 2Z3.

A full refund is available if the participant is unable to attend for medical reasons and 48 hours notice is provided.

**Registration Form:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail address: \_\_\_\_\_

My deposit for \$100 is included.  
Please make cheque payable to Northern Hearts

I intend to:

Have my own room  
 Share a room with: \_\_\_\_\_

I prefer to stay on the:

Main floor     2nd floor

Physical limitations: \_\_\_\_\_

\_\_\_\_\_

Doctor(s): \_\_\_\_\_

I give my permission for Northern Hearts to call my doctors for medical information.

Signature: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

Northern Hearts, 384 Fort William Rd, Thunder Bay, ON P7B 2Z3