



Northern Hearts is a registered charitable organization located in Thunder Bay. To decrease our rates of heart disease in Northwestern Ontario, Northern Hearts wants to:

- Increase the awareness of heart disease
 - Improve the understanding of heart disease
 - Equip our community with useful tools to modify risk factors
 - Provide scientific yet practical information about heart disease
 - Enhance the lives of individuals, and their families, who are living with heart disease
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Northern Hearts delivers unique programs for Northwestern Ontario heart patients and their families.

Improving the lives of the people in Northwestern Ontario, especially those living with heart disease.



Did you know that heart disease is one of the leading causes of early death?

If you live in Northwestern Ontario...there is a **greater chance** that you or someone you love is at risk for heart disease. The Thunder Bay District has: **50% higher** rate of heart disease than the rest of the province • The **highest death rate** from heart disease in Ontario • The **highest rate of heart disease** in Canada! • **Over 70% of adults** in Northwestern Ontario have at least one major risk factor for heart disease: **High blood pressure • high cholesterol • unhealthy weight • inactivity • smoking • high levels of stress**

Fortunately, heart disease is largely preventable!



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Northern Hearts

is helping our community

LEARN HOW TO MANAGE HEART DISEASE

Northern Hearts Weekend Retreat

For 10 years Cardiologist, Dr. Christopher Lai has led this exceptional 4-day getaway for individuals living with heart disease. Heart specialists, doctors and other health professionals from Northwestern

Ontario teach strategies and provide tools that improve the lifestyle choices made by the participants.

Offered in the fall of each year, family members are encouraged to participate with the patient. Together they join in lectures, group activities and demonstrations that reveal how positive lifestyle choices can help one handle and live-well with heart disease.

GET INFORMED

Talk with Doc

Monthly "heart related" health presentations held on the last Tuesday of each month. Local health professionals give informative, up-to-date lectures and answer participant questions. Some of the most recent and popular presentations include: Cardiac Emergency Care, Atrial Fibrillation, Congestive Heart Failure, Living with Angina.

Northern Hearts wants to prevent the development of risk factors that can lead to heart disease in healthy people.

Free summer events are offered to increase our community's heart health!

GET ACTIVE

Walk With Doc

Join local doctors and hosts, Monday to Thursday evenings in June at Boulevard Lake. Health care workers join with participants to walk, warm up and cool down at scenic Birch Point Park.

REDUCE STRESS

Hearts in the Park

Join us Monday to Thursday evenings in August at Waverley Park. Expert Yoga and Tai Chi instructors provide an introduction to these stress busters. Start your Fall with a healthy and relaxed mind and body.

Northern Hearts ensures 'the beat goes on'...

With support from our community, Northern Hearts' will continue to offer these unique Heart Health programs.

Northern Hearts ensures that all monies raised in Northwestern Ontario stay in Northwestern Ontario.

Northern Hearts' Future

- Develop a cardiac care guide for new heart patients
- Enhance opportunities for heart research at the local level



Northern Hearts

YES! I want to help Northern Hearts decrease the risk of heart disease in Northwestern Ontario!

Please accept my gift of:

\$25 \$50 \$100 Other: \$ _____

Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____

I have enclosed my cheque, payable to Northern Hearts

Please charge my gift to: VISA MC AMEX

Card Number: _____

Expiry Date: _____

Name on Card: _____

Signature: _____

All donations over \$10 will receive a tax receipt.

Please accept my gift of: Time

I am interested in volunteering for Northern Hearts.

Please contact me at:

Name: _____

Address: _____

Phone Number: _____

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