



Heart&Stroke™

**Free
resources
just a click
away.**

heartandstroke.ca/publications



Heart & Stroke has resources to help you prevent heart disease and stroke, promote heart and brain health, and support recovery.

- Get a free personalized health report with the Heart&Stroke Risk Assessment™ at heartandstroke.ca/risk
- Try our delicious recipes and find practical healthy living tips at heartandstroke.ca/get-healthy
- Connect with others through our Living with Stroke™ and Community of Survivors programs at heartandstroke.ca/livingwithstroke and heartandstroke.ca/connect



Life. We don't want you to miss it.™