

KNOW SOMEONE
LIVING WITH
**HEART
DISEASE
OR STROKE?**



WE CAN HELP

Our valuable resources can help you learn to manage and live healthy after stroke or heart disease.

- Living with stroke
- Recovery after heart attack
- Managing heart failure
- Congenital heart disease
- Managing atrial fibrillation

heartandstroke.ca/stroke
heartandstroke.ca/heart



**HEART &
STROKE**
FOUNDATION

MORE RESOURCES AND TOOLS TO HELP YOU LIVE HEALTHY

- **Delicious, heart-healthy recipes**
- **Healthy Weight Action Plan™** – a 12-week program to achieve a healthy weight
- **Blood Pressure Action Plan™** helps you track and manage your high blood pressure
- **Heart&Stroke Risk Assessment™** provides you with an action plan based on your risk
- **He@lthline™** – a free monthly e-newsletter with expert advice on heart-healthy living



Get this and much more at heartandstroke.ca

