

MY Heart IN MY Hands

Ladies, join us for a Gathering of the Hearts



A Gathering of the Hearts is a fun and informative get-together. Its goal is to empower women to make heart healthy lifestyle changes to reduce their risks of premature cardiovascular disease.

DATE:

TIME:

LOCATION:

TO RSVP CONTACT:

AT:

ADDITIONAL DETAILS:



heartandstroke.ca/myheartinmyhands

Financial support for this campaign was provided by the Government of Newfoundland and Labrador

™The heart and / Icon on its own and the heart and / Icon followed by another icon or words in English or French are trademarks of the Heart and Stroke Foundation of Canada used under license.