



**Heart  
&Stroke™**

**Free  
resources  
just a click  
away.**

**[heartandstroke.ca/publications](http://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](https://heartandstroke.ca/risk)
- Try our delicious recipes and find practical healthy living tips at [heartandstroke.ca/get-healthy](https://heartandstroke.ca/get-healthy)
- Connect with others through our online peer support groups. Get recovery tips through the Community Connect e-newsletter. Sign up at [heartandstroke.ca/connect](https://heartandstroke.ca/connect)
- Learn more about the Living with Stroke™ program at [heartandstroke.ca/livingwithstroke](https://heartandstroke.ca/livingwithstroke)



**Life.** We don't want you to miss it.™