



# 19th Annual Healthy Heart Day

**MOVING FORWARD – READY, SET, GO!**

## FREE VIRTUAL EVENT

**Saturday April 29th 2023 (9am - 12noon)**

**KICK START YOUR HEALTH**

**Dr. Peter Lin, MD**  
CBC Medical Correspondent

**HARNESS YOUR MOTIVATION  
TO MOVE FORWARD**

**Dr. Michael Vallis, PhD, R.Psych**  
Motivational Speaker

**ADVANCING CARDIAC CARE  
TO THE NEXT LEVEL**

**Dr. Kim Connelly, MD PhD**  
Cardiologist & Scientist

**READY, SET, GO**

**Dr. A. S. Pandey, MD**  
Preventive Cardiologist

**Pre Register: 519-624-3511 or [healthyheartday@rogers.com](mailto:healthyheartday@rogers.com)**

**Live-stream: [cambridgecardiaccare.com/healthyheartday](http://cambridgecardiaccare.com/healthyheartday)**

**TV: Rogers TV Waterloo Region Cable 20**

