

# Invitation to Healthy Heart Day 19: Sat April 29th 2023 9am-12pm

Healthy Heart Day 19 is a FREE 3 hour annual event providing current information and advice on improving your heart health. Our presenters are nationally known and recognized as expert Clinicians in their field.

The event will be broadcast on Rogers TV (Cable 20 Waterloo Region), live-streamed and available on-line through our website at Cambridge Cardiac Care Centre, or on YouTube.

We are hoping you can share this event with your members. For further information or to register, please contact Michelle Pandey at [healthyheartday@rogers.com](mailto:healthyheartday@rogers.com) or call 519-624-3511.

The following topics will be covered:



The poster features a red and yellow color scheme. At the top left, there are three interlocking hearts in shades of red and purple. To the right, the text '19th Annual Healthy Heart Day' is written in a stylized, white font with a red outline. Below this, a red banner with white text reads 'MOVING FORWARD - READY, SET, GO!'. The main title 'FREE VIRTUAL EVENT' is in large, bold, red letters, followed by the date and time 'Saturday April 29th 2023 (9am - 12noon)'. Below this, there are four red boxes, each containing a topic on the left and a speaker's name and title on the right. At the bottom, there is a yellow box with registration and broadcast information.

**19th Annual  
Healthy  
Heart  
Day**

**MOVING FORWARD - READY, SET, GO!**

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

<b>KICK START YOUR HEALTH</b>	<b>Dr. Peter Lin, MD</b> CBC Medical Correspondent
<b>HARNESS YOUR MOTIVATION TO MOVE FORWARD</b>	<b>Dr. Michael Vallis, PhD, R.Psych</b> Motivational Speaker
<b>ADVANCING CARDIAC CARE TO THE NEXT LEVEL</b>	<b>Dr. Kim Connelly, MD PhD</b> Cardiologist & Scientist
<b>READY, SET, GO</b>	<b>Dr. A. S. Pandey, MD</b> 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**

Please enter the following link in your browser to join the event virtually:

[Healthy Heart Day | Cambridge Cardiac Care Centre](http://Healthy Heart Day | Cambridge Cardiac Care Centre)

Sincerely, Healthy Heart Day 19 Committee