



February marks the annual celebration of Heart Month. A time to take notice of your cardiac health and the lifestyle choices which impact it. St. Mary's Regional Cardiac Care Centre invites you to attend our annual free community heart lecture, this year entitled:

## "Heart Health : Myths vs. Facts"

Join us as our experts dispel some of the common misconceptions surrounding heart health. Cardiologist Dr. Matthew Chamberlain and Nurse Practitioner Julie Kim will provide you with:

Tips to decrease your risk of heart disease

Symptoms of a potential heart condition

Simple ways to improve your heart health

**Thursday February 23, 2017**

**7:00pm-8:30pm (please arrive by 6:30pm)**

**Delta Waterloo | 110 Erb St. W Waterloo**

**FREE Admission, parking and light refreshments will be provided.**

**Registration is required as space is limited.**

**To register, call 519-749-6536 or [CLICK HERE](#)**

**Questions? Contact Cristen Brown [cbrown@supportstmarys.ca](mailto:cbrown@supportstmarys.ca) | 519-749-6918**

**REGISTER FOR ST. MARY'S HEART MONTH EVENT**



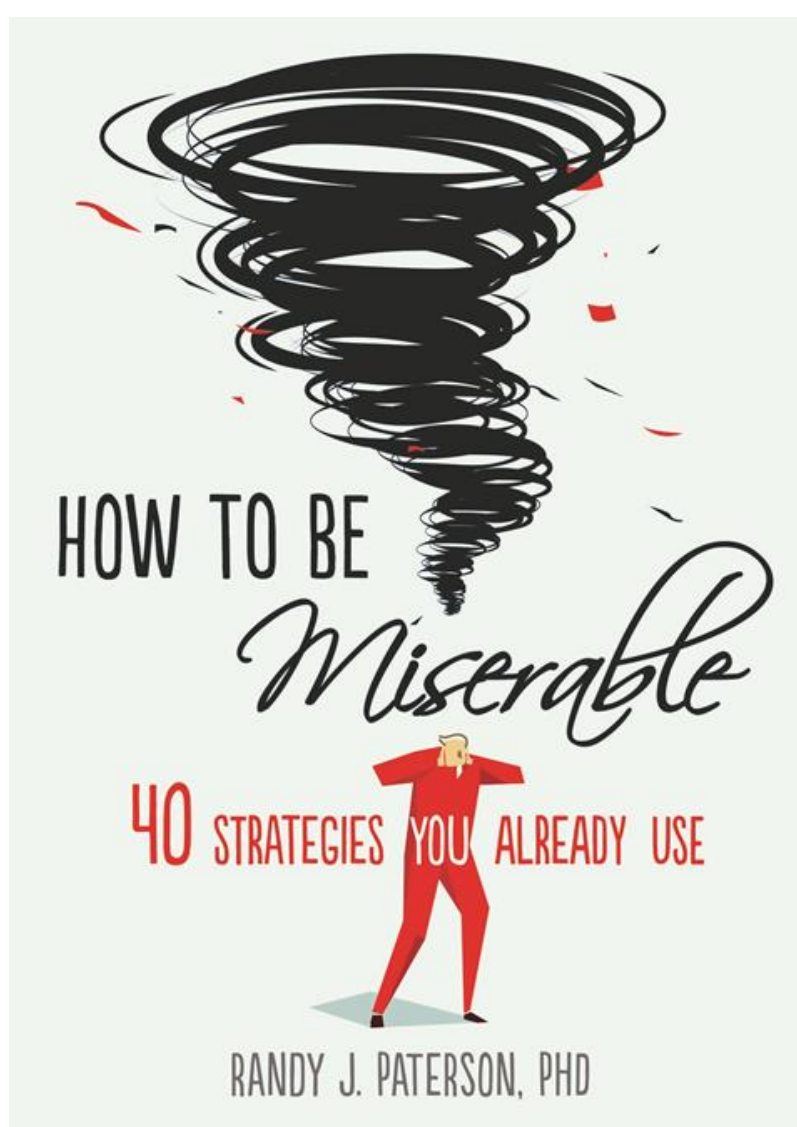


# She Shares

In medical matters, your mind can be either your best friend or your worst enemy.

On April 27, join the She Shares luncheon discussion with Dr. Randy Paterson, psychologist and author of *"How to be Miserable: 40 Strategies You Already Use"*, a highly engaging book using medically grounded advice, and a healthy dose of 'reverse psychology', to demonstrate that to be happier, and ultimately healthier, you may simply need to stop sabotaging yourself.

BUY TICKETS FOR SHE SHARES



Thursday April 27, 2017

12:00pm - 2:00pm

Bingemans Ballroom

\$75.00 per person

Lunch, speaker, book signing opportunity

Questions? Contact Cristen Brown [brown@supportstmarys.ca](mailto:brown@supportstmarys.ca) | 519-749-6918



*Thank you for investing  
in Heart Rhythm.*

Your support means St. Mary's will be there for patients like John, when they need us most.

To date the community has helped to raise over 86% of investments needed to fund this vital program which is slated to begin caring for patients in late 2017.

*Learn more about the Heart Rhythm Program and the community support required to fill the current funding gap.*

LEARN MORE ABOUT ST. MARY'S HEART RHYTHM PROGRAM

READ JOHN'S STORY



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 Forward

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