



## February is Heart Month!



February isn't just a time for the giving of heartfelt Valentines, roses and chocolates - this month marks the annual reminder to evaluate your REAL heart - to take stock of its health and how your lifestyle choices may *or may not* be supporting it.

As the primary cardiac service provider for Waterloo Region and beyond, St. Mary's Regional Cardiac Care Centre takes a genuine interest in the heart health of this community. Our dedicated staff of diagnostic technicians, nurses, physicians, surgeons and rehabilitation professionals encourage you to:

- Speak with family members to determine your hereditary risk
- Discuss your heart health profile with your physician
- Evaluate your lifestyle to identify opportunities to improve your heart health
- Ensure you and family members know what to do in case of a cardiac emergency



### Ensuring Equitable and Seamless Cardiac Care Across Waterloo Wellington

- ♥ Learn how cardiac services will be expanded at St. Mary's and beyond
- ♥ Get an update on advanced heart rhythm services coming next year
- ♥ Hear why St. Mary's is among top Canadian cardiac centres for patient outcomes

#### Speakers:

**Don Shilton**  
President,  
St. Mary's General Hospital

**Bruce Lauckner**  
Chief Executive Officer,  
Waterloo Wellington Local Health Integration Network

**Dr. Brian McNamara**  
Chief of Cardiovascular Services,  
St. Mary's General Hospital & Grand River Hospital

**Dr. Umjeet Jolly**  
Cardiac Electrophysiologist,  
St. Mary's Regional Cardiac Care Centre

**Susan Dusick**  
President,  
St. Mary's General Hospital Foundation

**Tuesday February 27, 2018**

7:00pm – 8:30pm | Delta Waterloo | 110 Erb St. W Waterloo

Complimentary parking and light refreshments. Plan to arrive by 6:30pm.

Free admission | Registration required as space is limited  
Register at [supportstmarys.ca/heartmonth](http://supportstmarys.ca/heartmonth) or call 519-749-6536

Questions? Contact Sarah Whittall [swhittall@supportstmarys.ca](mailto:swhittall@supportstmarys.ca) or 519-749-6797

**Heart Month Session - Reserve Your Seat**

# Heart Month **Bruce-a-thon**

DID YOU KNOW? The treadmill exercise test used to evaluate cardiac function is called the "Bruce Protocol". Participants work to complete exhaustion as the treadmill speed and incline is increased every three minutes. The total length of time achieved is the final test score!

This heart month, the staff at K-W Cardiopulmonary Services (CPS) are getting a taste of their own medicine as three teams compete in a Bruce Protocol championship!

### **Doctors VS. Echo Tech's VS. Cardiac Tech's**

Who has the healthiest hearts? [Pledge your support for your favorite team online!](#)

Donations support St. Mary's Regional Cardiac Care Centre.



**Pledge Your Support for the CPS Bruce-a-Thon!**

KW Cardio Pulmonary Services (CPS) at The Boardwalk is the office location for many St. Mary's Cardiac Care Physicians.

**Thank you!**



Thank you **Pita Pit** at **Sunrise Plaza** for donating your coin bin proceeds and matching it for over the past 6 months! A healthy food choice, supporting the health of *your* community.

## Current Events

### WOMAN

A *FREE* International Women's Day Event Supporting Waterloo Region Sexual Assault and Domestic Violence Treatment Centre.

**Thursday March 8th**

Terminal | 4th Floor, 119 King St. West, Kitchener ON

7:00pm-10:00pm

Join this celebration of the social, economic, cultural, and political achievements of women. Several art exhibits by local women, and talented speakers, including Julia Manuel, Director of Community Programs at St. Mary's. Complimentary light food and refreshments available.



Perspectives and ideas of importance to the women of Waterloo Region



*Networking Breakfast*

**Tuesday April 24th, 2018**

7:00am - 9:00am  
Bingemans, Marshall Hall  
425 Bingemans Centre Drive, Kit.

**\$50.00 per person / \$400 table of 8**

*Ticket price includes:*  
Delicious Breakfast, Speaker & complimentary copy of "The Wealthy Barber Returns"

[supportstmarys.ca/sheshares](http://supportstmarys.ca/sheshares)



### David Chilton

*Former "Dragon" on CBC's Dragons' Den & Bestselling Author of "The Wealthy Barber"*

Whether it's helping millions of Canadians achieve personal financial success or investing in low-fat cookbooks, Dave has always had a knack for recognizing great ventures, a skill he leveraged as a "dragon" on CBC television's #1 hit show, Dragons' Den.

David Chilton is an economics graduate from Wilfrid Laurier University. In 1985, he won the award for the highest mark in the country on the Canadian Securities Course. Cheating was never proven but widely suspected. In 1989, he released *The Wealthy Barber*. It went on to sell an astonishing two million copies in Canada, and his latest book, *The Wealthy Barber Returns*, is also a runaway Canadian bestseller.



[Get Tickets for She Shares](#)

**Coming Soon...**

**Announcing: Pete Viol's 2018 Appalachian Heartbeat Tour**



From May to June 2018, Sergeant Pete Viol of the Waterloo Regional Police Services (WRPS) will embark on his fourth, and final, long distance cycling journey - this time through the Appalachian Mountains - raising funds for the Regional Cardiac Care Centre at St. Mary's General Hospital, and awareness of the importance of women's cardiac disease.

Pete's fundraising goal for The Appalachian Mountain tour is \$40,000!

**Pledge your support for Pete starting early March!**



**Mark your calendar!**

**RedDAY is Friday June 8, 2018**

WEAR RED for the hearts of the women you love!  
#REDDAYFRIDAY

Heart disease is a leading cause of death among Canadian women. Please join this annual rally to raise awareness!

**Workplace registration opens early March!**

**FOR ONGOING EVENT UPDATES VISIT  
[WWW.SUPPORTSTMARYS.CA](http://WWW.SUPPORTSTMARYS.CA)**



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