

Your Heart Your Health

Free health talk on women and heart disease:
key facts and research you need to make
heart-healthy changes in your life.



Women with heart disease have different symptoms and harsher outcomes than men



Heart disease is the leading cause of death for Canadian women



A quick 30-minute walk each day can help prevent heart disease

Meet our featured heart speakers

Dr. Margot Davis

Dr. Tara Sedlak

Dr. Mona Izadnegahdar

Moderator
Dr. Jacqueline Saw

Register online vchri.ca/yourheartyourhealth

Meet today's research leaders in heart health on
Tuesday, May 12, 2015

Light refreshments and giveaways. Door opens at 6pm. Health talks from 6:30pm to 8pm at

UBC Robson Square

800 Robson Street (+Hornby Street), Vancouver

 **#YHYH2015** Visit VCHRI.ca for more information.

Vancouver Coastal Health
Research Institute
Healthier lives through discovery