

Bring your family members and friends and join us for Smart for your Heart month.

### Education Sessions

<b>Heart Health Mini Series</b> - Should I Be Taking a Baby Aspirin if I've Never Had a Heart Attack? - How is Weight Related to the Risk of Heart Disease? - There's No Such Thing as Screening for Heart Disease	February 7 9:30-10:00 am  10:00-10:30 am  10:30-11:00 am	Free - open to everyone	Presenters: Justin Cloutier MD, Joel Scott-Herridge MD, and Umar Ismail MD Chris Lee MD, Asem Suliman MD, and Chris Parr MD Scott Donald MD, Judy Luu MD, and Chris Hayes MD
<b>Heart Health For Her</b>	Monday, February 11 7:00-8:00 pm	Included with Membership Non-members: \$10	Presenter: Tricia Grierson, Reh-Fit Nurse
<b>Men are From Mars, Women are From Venus - What Are the Differences Between Men and Women in Heart Disease?</b>	Thursday, February 21 4:00-6:00 pm	Free - open to everyone	Presenter: Amanda Nash, Heart and Stroke Manitoba, The Heart Failure Support Group of Manitoba
<b>HealthTalk: Heart Smart Gals Won't You Come out Tonight?</b> - Making Sense of Cholesterol Results - Cardiac Ischemic Syndromes in Women	Thursday, February 21 7:00-8:00 pm  8:00-9:00 pm	Free - open to everyone	Presenters:  Eva Stephens, RN Dr. Olga Toleva, MD CCFP FRCPC

### Health Screening

<b>Blood Pressure Screening / Health Promotion</b>	Wednesday, February 13 10:00 am-1:00 pm Monday, February 25 10:00 am-1:00 pm	Free - open to everyone	Drop in to Seminar Room C at the Reh-Fit Centre and get your blood pressure checked by our nursing students.
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### Cooking Demo

<b>Heart Healthy Cooking Demo</b>	Tuesday February 26 1:30-3:30 pm	Free - open to everyone	Presenter: Tenille Sonnichsen and Michelle Leaf, Reh-Fit Dietitians
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### Heart Month Celebrations

<b>Wear Red Canada Day</b>	Wednesday February 13		Heart disease is the #1 killer of women. Wear red to raise awareness about women's heart health.
<b>40th Anniversary Open House</b>	February 24-28	Free admission 3:00 pm to close	Invite your family and friends to exercise for free and learn about the benefits of active living.

For more information or to register for these sessions, please visit our website at [reh-fit.com](http://reh-fit.com).

Smart  
for your

Heart!

HOW HEALTHY  
IS YOUR  
Heart?

## Reh-Fit programs and services to help you improve and maintain your heart health:

### Add Some Cardiovascular Activity To Your Exercise Routine

Work out on some of our cardiovascular equipment to get your heart rate up. Check out:

- Treadmills
- Upright and Recumbent Bikes
- Ellipticals
- Stair Climbers

### Find Out Your Current Level of Health and Fitness

Our health and fitness assessment provides you with a comprehensive look at your overall health status. It will provide accurate information about your current fitness levels, cardiovascular health, strength and endurance, flexibility, blood chemistry, and other baseline measurements.

### The Perfect Escape From Everyday Stress

Our mind/body programs will help you clear your mind, improve concentration, and develop muscle strength and stamina at the same time. Try Yoga, Pilates, and mindfulness.

### Meet New People or Take Your Fitness to the Next Level

Check out our wide variety of group fitness classes or give Team Training a try. You'll not only work out with others who share similar goals but also experience support, belonging, and challenge in a dynamic, motivating environment.

### Restore Your Health

If you are suffering from a chronic health condition, we can help. Our professional staff provide expertise and personal attention to help you reach and sustain a healthy lifestyle.

Also check out our many educational workshops, health screening clinics, and personalized services.

**Pick up our Winter Program Guide or view all programs and services on our website, [www.reh-fit.com/join-us/reh-fit-events/](http://www.reh-fit.com/join-us/reh-fit-events/).**