

Monday, February 13, 2023

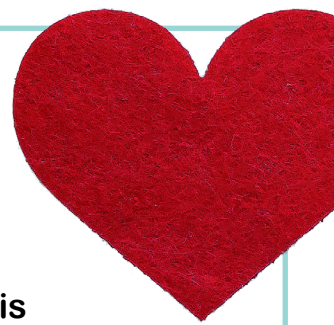


Wear Red Canada is campaign raising awareness for heart disease in women.

Last year, Denise shared her story on her experience with the healthcare system as a woman living with heart disease. She highlights how women with heart disease are often misdiagnosed due to lack of research, knowledge, and societal awareness. With heart disease being the leading cause of death for women worldwide, it is important to bring awareness to this issue.

View their full story on page 23 of **last year's February Racquet Review**.

If you have any questions regarding this topic, please feel free to contact Denise via her email: deniselynnjohnson@icloud.com



Heart Awareness Month



WEAR RED CANADA

 JOIN US! | FEBRUARY 13

WEARREDCANADA.CA

#WearRedCanada

#HerHeartMatters

@CWHHAlliance



CANADIAN WOMEN'S
HEART HEALTH CENTRE

NATIONAL
ALLIANCE



Check out the **Wear Red Canada** website for more information on women's heart health

<https://wearredcanada.ca>

You can find a great deal of information on the site from info on the Wear Red Movement to free webinars open for registration, such as the

“Ask the Experts! Together, Overcoming Barriers in Women's Heart Health” webinar happening on February 13th.

Don't forget to **Wear Red on February 13th** to show your support!



Women's Heart and Brain Health: Ask the Experts

Greetings, and Happy New Year!

February 13 is national **Wear Red Day** in Canada, a day dedicated to raising awareness about women's heart and brain health.

Heart & Stroke is proud to partner with the Leslie Diamond Women's Heart Health Clinic and the Canadian Women's Heart Health Centre to present an engaging evening to celebrate Wear Red Day: **Women's Heart and Brain Health: Ask the Experts**. Our panel of experts will speak about their areas of specialty, and you'll hear from two women living with heart disease and stroke, who will share their personal journeys. Then we'll open the floor for your questions for the panelists.

The in-person event is free, and will take place at KPMG (address on back of page) on Monday, February 13, from 5:00pm to 8:00pm. Light refreshments will be served after the panel discussion, giving you time to mix and mingle and learn more about why #HerHeartMatters.

Please note that space is limited for the in-person event, so click on the poster below to **RSVP** today! And if you're not able to join us in person, the event will also be live-streamed via **Facebook Live**. You can learn more at wearredcanada.ca, and don't forget to wear red on the 13th day of Heart Month!

We look forward to seeing you there!

See the back of this page for more details —>



HER HEART MATTERS
WEAR RED CANADA • FEB 13



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

NATIONAL
ALLIANCE
NATIONALE



Heart
& Stroke



Leslie Diamond Women's
Heart Health Clinic



Dr. Tara Sedlak

MD, Cardiologist



Dr. Lily Zhou

MD, Stroke Neurologist



Mahraz Parvand

MSc., Researcher &
UBC MD Candidate 2024



Aviva F.

Woman with Lived
Experience: Stroke



Kelly O.

Woman with Lived
Experience: Heart



Amber Belzer

Event Host and
Moderator

WOMEN'S HEART AND BRAIN HEALTH: ASK THE EXPERTS

5-5:30pm: Sign-in

5:30-6:45pm: Q&A Panel & Discussion

6:45-8pm: Reception

FREE REGISTRATION

bit.ly/wrc_vancouver

Submit your questions through
the QR code/link above!



**MONDAY,
FEBRUARY 13, 2023
5-8 PM**

**777 DUNSMUIR ST., 11TH FLOOR
VANCOUVER, BC, CANADA**

**Watch live from 5:30-6:45 PM on the
Wear Red Canada Facebook Group**