

A close-up photograph of a woman's hands holding a bright red, glossy heart. The woman's face is blurred in the background, and she appears to be wearing a white lab coat with a stethoscope around her neck. The lighting is soft and warm, highlighting the texture of her skin and the sheen of the heart.

**BEGINNING ON  
MAY 5, 2020**

**FREE EDUCATION SESSIONS**  
**WOMEN WITH HEART ONLINE**

**Every Tuesday at 10am EST**

The first Tuesday of every month will be a live exercise class. Other session topics include Q&A with a health care professional, mindful and intuitive eating practices, menopause and heart disease, taking your medications, osteoporosis and heart disease, cancer and heart disease, and frailty and heart disease.

Presented by the Toronto Rehab and Peter Munk Cardiovascular Prevention and Rehabilitation Program

\*All sessions will be recorded and made available to watch at a later time

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