



PROCLAMATION

*Heart Month
February 2019*

February is Heart Month in Canada, a time when we escalate our efforts to educate the public about the realities of heart disease and stroke. In Newfoundland and Labrador we have the highest rates of obesity, high blood pressure, and death due to heart disease and stroke. More than ever, it is critical that we continue to fight these life-changing diseases and reverse inequalities in heart and brain health facing women in this country.

The Heart & Stroke Foundation works to educate the public about the risks associated with heart disease and stroke, how to identify symptoms, and how to take action in the event of a heart attack, sudden cardiac arrest, or stroke. Heart disease affects many residents of our province - from children to seniors. Heart & Stroke is committed to creating more moments for Newfoundlanders and Labradorians by inspiring action towards a healthier lifestyle and the prevention of heart disease and stroke.

Together we can improve the health of our province by addressing key risk factors, striving to increase physical activity, eating better and reducing alcohol and tobacco use. By signing this proclamation, we support concrete action toward health systems change that improves access to care for all people across the province; from prevention to recovery.

Join us in taking action - by working together, we can make a difference in the lives of Newfoundlanders and Labradorians.

Life. *Uninterrupted by heart disease and stroke.*™

Dated, February 11, 2019.

Jonathan Kirby
*Manager Government Relations and
Health Promotion
Heart and Stroke Foundation of Canada*

Danny Breen
*Mayor
City of St. John's*