



Healthy Heart Day 2025

HEALTHY AGING - LIVE LONGER, LIVE BETTER!

FREE VIRTUAL EVENT

Saturday, May 3rd, 2025 (9 am - 12 noon)

BLUE ZONES - THE SCIENCE OF LIVING LONGER

Dr. Peter Lin, MD
Family Physician

IF I COULD TURN BACK TIME

Dr. Sonja Reichert, MD MSc
Family Physician

MAKING HEALTHIER CHANGES STICK

Dr. Michael Vallis, PhD, R.Psych
Motivational Speaker

LIFESTYLE MEDICINE

Dr. A.S. Pandey, MD
Preventive Cardiologist

Pre Register: 519-624-3511 or healthyheartday@rogers.com

Live-stream: cambridgecardiaccare.com/healthyheartday

TV: Rogers TV Waterloo Region Cable 20

