



Healthy Heart Day 2026

GETTING TO THE HEART OF OBESITY!

FREE VIRTUAL EVENT

Saturday, May 2nd, 2026 (9 am - 12 noon)

**THE INTERSECTION OF DIABETES &
OBESITY - NOW WHAT?**

Dr. Alice Cheng, MD
Endocrinologist

**BEYOND MEDICATIONS -
WHAT ARE MY OPTIONS?**

Jaclyn Pritchard, RD
Registered Dietitian

**OBESITY - NOT JUST THE NUMBERS
AND THE SCALE**

Dr. Peter Lin, MD
Family Physician

**LIGHTEN THE LOAD, STRENGTHEN
THE HEART**

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

