

FEBRUARY IS HEART MONTH



Staff are encouraged to show their support for Heart Month by wearing red on February 1st

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease. Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of

death in Canada. We can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels. Heart

Month is also an opportunity to recognize the extraordinary team of health care workers at our Hospital who provide world-class cardiovascular care to patients and their families across Northwestern Ontario.

If you are wearing red, submit a photo to TBRHSCGroupNews@tbh.net to be featured on the Daily INformed Newsletter and the Hospital's social media.



Thunder Bay Regional
Health Sciences
Centre