



**PREVENT**  
DISEASE

**80%**  
OF PREMATURE  
**HEART DISEASE**  
AND **STROKE** IS  
**PREVENTABLE**



**SAVE**  
LIVES

**70,000**  
**CANADIANS**  
DIE EVERY YEAR FROM  
**HEART DISEASE AND STROKE**  
— THAT'S ONE LIFE TAKEN EVERY  
**7 MINUTES**



**PROMOTE**  
RECOVERY

**1.6 MILLION**  
**CANADIANS**  
ARE LIVING WITH  
THE EFFECTS OF  
**HEART DISEASE**  
AND **STROKE**