

# 2024 NATIONAL INTEGRATED SPECIAL REPORT – DIGITAL AND NEWSPAPER

### **Heart Health Month**

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It's time to change the conversation on diabetes

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Heart Health Month in Canada is a dedicated period focused on increasing awareness about cardiovascular health. The collaborative efforts of health organizations and professionals promote early detection of heart issues and educate the public on adopting heart-healthy lifestyles, emphasizing regular exercise, a balanced diet, and stress management. Canadians are encouraged to quit smoking, maintain a healthy weight, and pay attention to warning signs. This collective endeavour empowers individuals with the knowledge to prioritize their cardiovascular well-being for longer, healthier lives.

### **Proposed topic highlights:**

**CARDIO EDUCATION** — The importance of maintaining a healthy heart and how to do it.

**LIFESTYLE** — Promoting choices like balanced diets, regular exercise, stress management and quitting smoking.

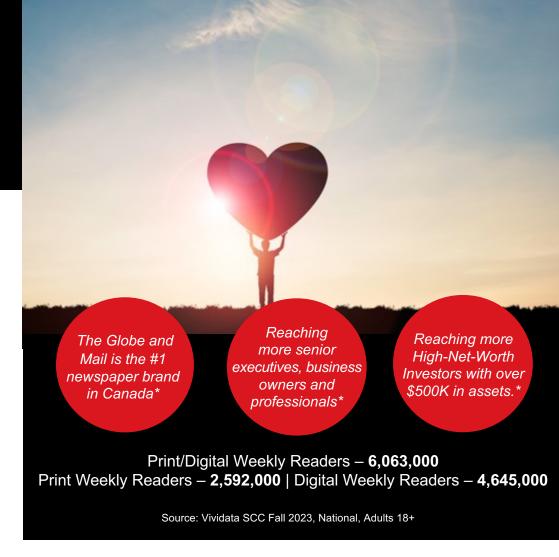
**PREVENTION** — highlighting strategies to cut cardiovascular disease risks.

**EARLY DETECTION** — encouraging awareness of warning signs for timely action.

#### **GET INVOLVED TODAY. CONTACT:**

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Standard Booking Deadline	Material Deadline	Publishing Date	Sponsor Content Booking Deadline
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