



16th Annual Healthy Heart Day

STAYING HEALTHY IN THE MIDST OF A PANDEMIC!

FREE VIRTUAL EVENT

Sat Oct 3rd 2020 (9am-12noon)

TV: Rogers TV Waterloo Region Cable 20

Live-stream link: cambridgecardiaccare.com/healthyheartday

Dr. Peter Lin, MD (CBC Medical Correspondent): Strategies to cope with stress, Covid-19 update and vaccine development.

Dr. Alice Cheng, MD (Endocrinologist) Diabetes Management during the pandemic, incl. diet and exercise.

Dr. A. Shekhar Pandey, MD (Cardiologist) Keeping your heart strong and healthy during the pandemic.

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

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