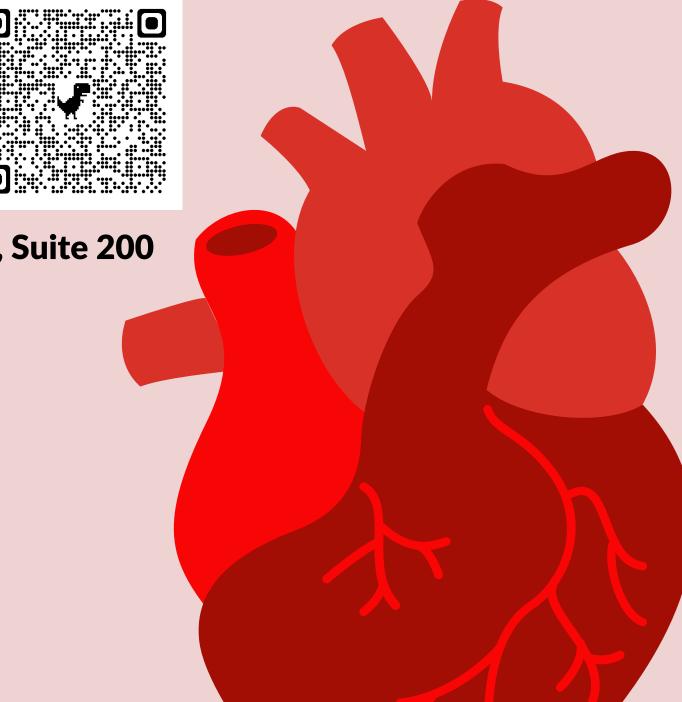


HEALTHY HEART Workshop

OCTOBER 19TH, 2023 AT 4:30PM

Register:

- (905) 456-7111
- www.cbfht.ca
- mfedsin@cbfht.ca
- **600 Gillingham Drive, Suite 200 Brampton, ON**



HEALTHY LIFESTYLE CHANGES FOR REDUCING THE RISK OF CARDIOVASCULAR DISEASES