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Media Advisory

Mayor Craig Joins Healthy Heart Day Activities

Cambridge, Ontario. April 28, 2011... The seventh annual Healthy Heart Day will take place in Cambridge on Saturday April 30th and Mayor Doug Craig will lend his support to kick off the activities.

“It’s important to strengthen the health education networks within our community and this is a unique opportunity to learn about proactive measures and tips to improve heart health,” says Mayor Doug Craig.

The event runs from 8:00 am to 1:00 pm and takes place at the St. Benedict Catholic Secondary School, 50 Saginaw Parkway. News media are invited to attend. For more information contact Michelle Pandey, Cambridge Cardiac Care Centre at (519) 624-3511 or email michellepandey@cambridgecardiaccare.com.

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Agenda

8:00 - 8:10AM

Opening Address

Dr. A.S. Pandey, M.D. *Cardiologist, Cambridge Cardiac Care Centre*
Honourable Doug Craig, *Mayor of Cambridge*

8:10 - 8:40AM

Do you know your numbers?

Dr. M. Lawrie, M.D. , *Chief of Staff, Cambridge Memorial Hospital, Family Physician, Cambridge*

8:45 - 9:30AM

Motivate yourself to Change

Julie Christiansen, *(The Anger Lady), Leverage U*

9:35 - 10:10AM

“Live Life in the Now- Put yourself first”

Keynote Speaker: Diana Swain, *Senior Investigative Correspondent, CBC News*

10:15 - 10:30AM

Panel Questions

10:30 - 10:45AM

Refreshment Break & Exploring Vendor Booths

10:45 - 11:15AM

“Valuable Tips on Healthy Eating”

Rhonda Yetman, *RD, Dietitian, Diabetic Education Program Waterloo*

Region,

Langs Farm Village Association

- 11:20 - 11:55AM** **“Manage your Life , Manage your Stress”**
Dr. V. Thomson, M.D, B.Sc.N., Family Physician, Leading Expert on Stress Management
- 12:00 - 12:05PM** **Yoga: Finding peace within yourself**
Tammy Lawrence-Cymbalisky, B.A. Certified Yoga Instructor
- 12:00 - 12:45PM** **Putting all the Pieces Together: Benefits of Risk Reduction**
Dr. A.S. Pandey, B.Sc. (C.L), M.D., F.R.C.P (C), A.B.I.M., C.B.N.C., Cambridge Cardiac Care Centre
- 12:45 - 1:00PM** **Panel Questions, Door Prize Draw & Wrap Up**

The City of Cambridge is one of the fastest growing areas in the country. It is strategically located astride highway 401 in Southwestern Ontario, part of Canada’s Technology Triangle. In 2010, the population was over 130,000 people with a multicultural mix and a strong foundation of support services. Cambridge has a diverse economic base with leading industries in manufacturing, automotive, high technology, pharmaceutical, business and financial services and hospitality/retail. It’s about choice, options and value when you become part of the community.

You meet the nicest people in Cambridge. It’s a place that understands all about coming together. There is so much more to Cambridge than the beautiful lands created at the convergence of two rivers or its logistically perfect location in the heart of Ontario’s economic corridor. Cambridge is the coming together of people from diverse, close-knit and proud communities. The people of Cambridge ‘do the right thing’ by respecting history, family values, a sound work ethic, the arts, environment and advancement. A young city, Cambridge is a master of balancing the excitement and promise of the new with the historical significance and stability of the old. A place where coming together is just the start. Uniting together is what sets Cambridge apart. Undiscovered-Cambridge families and entrepreneurs get more for less, and sacrifice nothing.

The Corporation of the City of Cambridge is an employer with a work environment that offers the opportunity to provide service to the community through creativity and innovation, and with potential for career growth and advancement. For more information on the area or the corporation visit www.cambridge.ca. The City of Cambridge press room is located at <http://www.cambridge.ca/pressroom>. To opt out of the news release distribution, please send an email to Linda Fegan feganl@cambridge.ca.