



## SEPTEMBER 19, 2018

This week, our speaker was Lea Wilson who was introduced by Rotarian Darlene Smith. Lea is the area co-ordinator for the Heart and Stroke.

Some forms of heart disease are present at birth. Others develop as we age. Many problems can be prevented by living an active, healthy lifestyle.

Some signs of a heart attack are chest discomfort, sweating, upper body discomfort, nausea, shortness of breath and ligh-headedness.

Close to 80% of premature heart disease and strokes are preventable. Lifestyle choices, such as smoking or inactivity can have a big impact on our health. Some factors, such as family history aren't in our power to control.

While most risk factors are the same for women and men, it's important to know that women do have unique heart concerns. In fact, heart disease and stroke kill 30,000 women in Canada annually.



*President Jennifer, Lea Wilson from Heart and Stroke and Rotarian Darlene Smith*



*Above, Darlen Smith introduces our guest speaker*

The foods you eat affect your health. Small healthy changes in your daily diet can decrease your risk of heart disease and stroke.

Being physically active is good for your heart and brain. People who are not active have double the risk of heart diseases.

Stress is a part of life for just about everyone and it has a strong effect on the body. It is important that we learn how to handle periods of stress. A long walk is highly recommended.

Like most organizations, Heart and Stroke is always fundraising. The Big Bike is a common sight on our streets. The JumpStart program is also used to help raise funds.

It's necessary to be reminded to live healthy and eat wisely and we thank Lea for her message this week. Our thanks were expressed by President Jennifer.



*Above, guest speaker Lea Wilson*



*Right: President Jennifer thanks our guest speaker Lea Wilson*



# Happy Notices

## **BIRTHDAYS**

**Monica Ramboer**

**Sept 20**

**Carl Veroba**

**Sept 21**

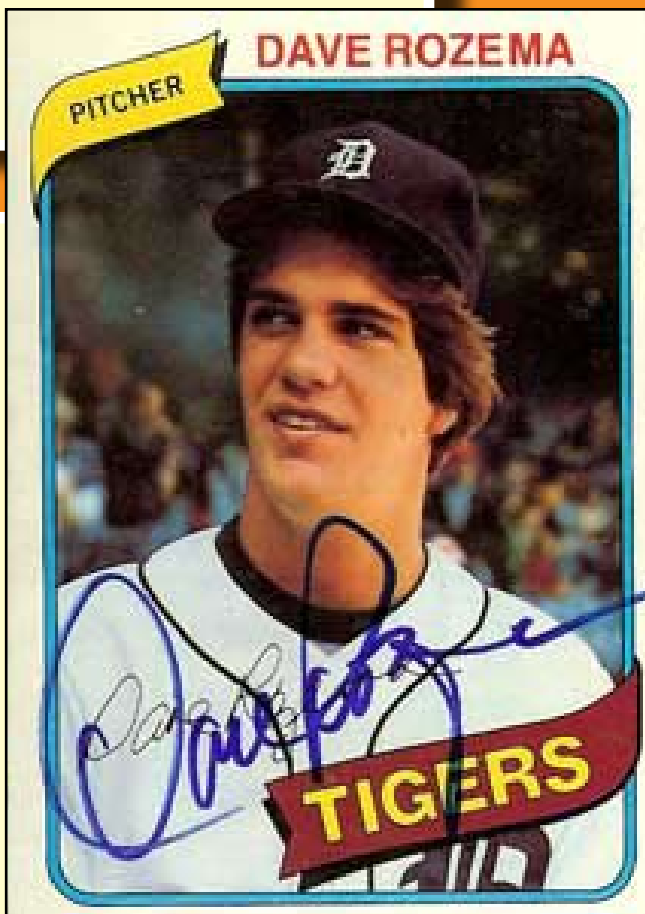
**Brett Smith**

**Sept 24**

## **CLUB ANNIVERSARIES**

**Bob Rankin**

**9 years**



## **UPCOMING MEETINGS**

**Sept 26**

**Laura Foster**

**Float Therapy**

## **Annual Banquet**

***Dave Rozema is the speaker.***

*Dave will make a short speech and then be interviewed by Peter Cobb and Sean Moynihan.*

*Questions from the audience will follow.*