World Heart Day is on Sept 29th.

Did you know that Cardiovascular (Heart) Disease is the leading cause of death worldwide? This is due to people sitting longer more than ever at their desks, in front of screens etc. You can take steps to prevent heart disease by eating healthy food (veggies, fruits and food off the land), eliminating sugar and processed foods and exercising 30 minutes a day.

We are having a lunch time walk-a-thon on September 29th in recognition of World Heart Day. This is open to everyone, so spread the word!

For more information, contact….\_\_\_\_\_\_\_\_

Here is a link to the World Heart Federation’s Website - <http://www.world-heart-federation.org/what-we-do/world-heart-day>