



# Celebrate **Heart Month** with us by learning how to improve your heart health!

Please join us for a virtual presentation on **Physiotherapy and Cardiovascular Health**.

Date: February 17, 2022

Time: 2:00 PM

Presenter: Clyde Smith,  
Registered Physiotherapist



Join us for a virtual wellness talk and learn about cardiovascular conditions that commonly affect us with age. Get tips to help prevent these conditions and hear from registered physiotherapist Clyde Smith on what to expect when rehabilitating from these conditions and how physiotherapy can help. Names will be drawn for Prizes!

RSVP by February 14 to the Verve Community near you to receive Zoom Link or call to Book your Personal Tour



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