

Dear Members,

As the last week of August is coming to a close, we sincerely wish you've had the best summer full of fond memories and accomplishments.

We're happy to touch base with you again and update you on what's happening in our space.

As always, if you're interested in joining the CHF Alliance, please reach out by replying to this email. We would love to have your support to further our impact!

Best,



*Leslie Morgan, Jean Marco*

#### Recipe of the Month



#### Cinnamon Quinoa with Peaches

Enjoy fresh peaches before the season is over in this delicious and heart-healthy dish — Cinnamon quinoa with peaches — courtesy of the American Heart Association. It's perfect for a nutritious breakfast or an easy mid-day snack.

[Discover the Recipe](#)

#### Back to School: How to Balance Screen Time and Physical Activity



When kids, teenagers, and adults head back to school from a summer off, there's a big shift in the amount of physical activity that the day can spare. To help inspire and education you on how you can maintain your heart health with regular physical activity, read this in-depth article from Heart & Stroke, linked below.

[Read the Article](#)

#### Heart & Stroke is Seeking Health Professionals

From Heart & Stroke:  
We are seeking health professionals to complete our survey to identify the highest priority risk topics to include in our new heart and brain vascular risk screening tool.

Please help us by completing the survey before September 12<sup>th</sup>.

Please go to [this link](#) to complete this survey.

H&S has a long history and credibility in promoting healthy lifestyles and reducing risk for vascular heart and brain conditions. We are also currently undertaking a major initiative to support women to increase awareness of their risk factors (general and unique) for vascular heart and brain conditions.

We are updating and redesigning our previous risk screening tool as a way for all people in Canada to quickly assess their own risks. Once completed, we will provide users with information on their risks, next steps, questions to ask, and actions they can take. We will also include some women's specific elements to make this a unique and reliable tool. We will link to resources that have been created by your organizations and groups when possible.

Please complete this survey no later than September 12<sup>th</sup>, 2024. It should take between 10 – 15 minutes to complete.

For the survey, we will ask participants to rate each potential content area that may be considered for inclusion in the new H&S Heart and Brain Vascular Risk Screening tool.

In doing so, we ask that you consider both:

- the current evidence on the association of the content area to vascular heart and brain risks (refer to Appendix One for more information);
- the likelihood that including this element and raising awareness with the public may lead to positive risk-reducing actions by the participants.

#### QUOTE OF THE MONTH

*The only lasting beauty  
is the beauty of  
the heart*

Have something to share with the heart failure community? Reply to this email to submit content for future editions of The Beat!



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www.chfalliance.ca