

## LINKED BY THE HEART

Dear Members,

It's officially Fall! Do you have any exciting seasonal plans? Apple picking? Chilly hikes? Whatever you do, we hope you have a wonderful time doing it.

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,



*Carla Morgan, Jean Marc*

### Recipe of the Month



#### Maple Apple Bran Biscuits

Have some extra apples? This heart-healthy Maple Apple Bran Biscuit is a perfect treat to have with coffee, alone, or with a slice of cheddar cheese. Check it out on the Heart & Stroke website!

[Discover the Recipe](#)

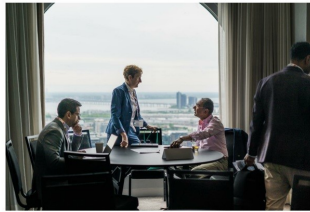
### How Women Experience Heart Disease Differently than Men



The way women experience heart disease is so much different than men, from which types of blood vessels it affects to how their hormones play a part, and it's up to the Canadian healthcare system to recognize this so better prevention can take place.

[Read More Here](#)

### Get to Know the CHFAlliance Better!



How well do you know the CHF Alliance? We are a wide network of cardiac professionals, patient partners, and all around great people who are all on a mission to improve the treatment and diagnosis of heart failure. Feel free to browse our website and learn more about us!

[Visit Our Website](#)

## QUOTE OF THE MONTH

The **strongest** hearts  
have the most  
**scars**

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