

## LINKED BY THE HEART

Dear Members,

We hope you've been enjoying your summer so far and spending some quality time with your family.

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 Murray, Jean Marc*

### Heart & Stroke is Looking for Observers

The Heart and Stroke Foundation is working on an observership pilot program that aims to include observers on 4 different committees.

They are looking for observers (2 per committee) for the following committees:

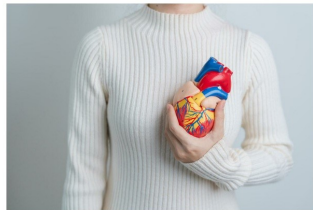
- Ib (clinical cardio- & cerebrovascular research: mechanistic studies & clinical trials / health services research)
- IV (Molecular, biochemical and cellular physiological approaches to cardiovascular health and disease: vascular)
- VI (thrombosis / lipids & lipoproteins / fundamental nutrition research)
- VII (behavioural research / health psychology / rehabilitation / population health)

To be eligible, you must:

- Be an Early Career Investigators - 0-6 years of first academic/independent research appointment.
- Not have received a HSS GIA (as the observership is to learn about grant review and how to succeed with a GIA application)

If you are interested in becoming an observer, please contact us. The deadline to apply is August 31st, 2024.

### Do You Know the Different Types of Heart Disease?



Heart disease encompasses any condition that impacts the structure or function of the heart. While many people consider heart disease to be a single ailment, it actually consists of various conditions with diverse underlying causes.

There are numerous types of heart disease, and some can be categorized based on how they influence the heart's structure or function.

[Learn the Different Types Here](#)

### Recipe of the Month



#### Breakfast Tacos

Nothing screams summer more than tacos. And if you can have them for breakfast? Even better! Find this heart-healthy recipe that's high in protein and filled with zesty Mexican flavour.

[Discover the Recipe](#)

## QUOTE OF THE MONTH

*He who has health,  
has hope  
and he who has hope, has  
everything.*

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



[www.chfalliance.ca](http://www.chfalliance.ca)