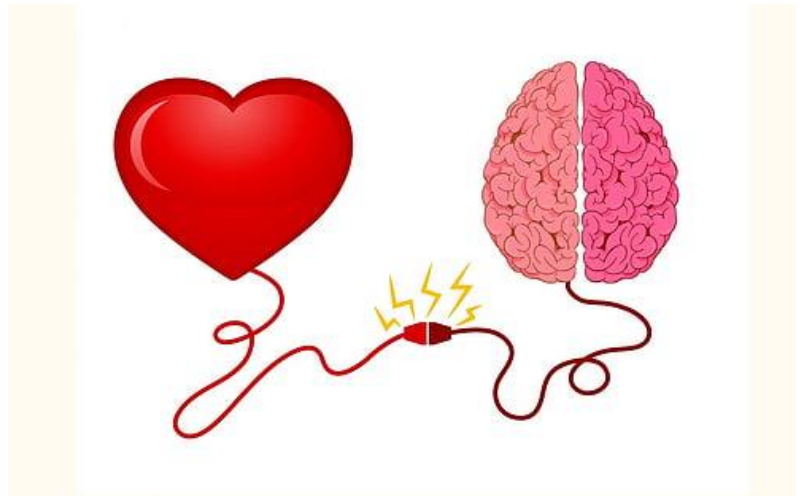


# CHATS & The Newmarket Public Library present: **Heart & Brain Connection in Stroke Prevention**



**Wednesday  
February 15, 2023**

10:30am – 12:00pm

Please register to  
receive your  
Zoom link.

We invite you to join our guest speaker **Paul Corteza**  
Clinical Nurse Specialist at Mackenzie Health.

### Topics Include:

- The heart and brain physiology connection
- Warning signs for stroke
- Risk factors for strokes and the relationship to heart health
- How you can change your lifestyle to lower your risks

To register, please go to:

<https://forms.office.com/r/VmLRKTTMwp>

For more information contact: **905-953-5110 X  
4860** or email

Paula Duncan: [pduncan@chats.on.ca](mailto:pduncan@chats.on.ca)



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Charitable Registration Number: 13209 0978 RR0001