



Dear Members,

As we gear up for the holiday season, it's a time to reflect on the importance of connection, celebrate the relationships we've built throughout the year, and enjoy quality time with friends and family.

We're pleased to share the latest updates on our initiatives and reconnect with you as we wrap up another meaningful year. Your continued engagement and support are invaluable, and we look forward to continuing to grow our network.

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 Moore

Patient Partner Video Series Featuring Aaron



In our next video series, you will hear about our Patient Partner, Aaron's journey living with Heart Failure as a young adult. Aaron has been living with Heart Failure With Reduced Ejection Fraction (HFrEF) since he experienced a Heart Failure event unexpectedly, just days before his 20th birthday. Stay connected on our website in the coming weeks to learn more about Aaron's personal experiences navigating Heart Failure.

The Myths and Truths About Coffee

If you start your day with coffee, you're in luck. Coffee is high in antioxidants called polyphenols, which can protect heart health. Studies have shown that drinking coffee may help decrease the risk of developing high blood pressure and high cholesterol. Find out more in this article from Heart & Stroke.



[Read the Article](#)

Heart Healthy Holiday Tips

As we head into the holiday season, it's important to take good care of yourself. Here are a few tips to stay healthy and keep your stress low during this busy time. Enjoy the season at your own pace!



[Recipe of the Month](#)



[Maple Roasted Vegetables](#)

Delicious, healthy and so simple, this recipe lifts vegetables to a whole new level. Try this recipe for a healthy side dish or save it for one of your holiday recipes. Check out the recipe from Heart & Stroke.

[Discover the Recipe](#)



Save the date for our next in-person meeting in Toronto, ON on May 1st, 2025. Stay tuned for more details!

QUOTE OF THE MONTH

*Nature does not hurry,
yet everything is accomplished*

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



[www.chf Alliance.ca](#)

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