

Dear Members,

May was an amazing month for us at the CHF Alliance with a very successful Heart Failure Awareness Week and the 2024 In-Person Meeting in beautiful Montreal.

Thank you to all who made it special — we couldn't do this without you!

Wishing you a healthy and happy June!

Best,



*Colin Morgan, Jean Marc*

**May In Review**

- We celebrated Heart Failure Awareness Week!
- Our 2024 In-Person Meeting Was a Great Success!
- We Announced the Official Mitewekan-CHF Alliance Ceremonial Launch!



**The CHF Alliance Team at Our In-Person Meeting**

Thanks to our 65 participants and our presenters, the May meeting was a success. Amelia McCreary, an Indigenous Knowledge Holder, came from Kanawake to open the meeting in the right way.

We then heard more about the work that the trainees, the early career investigators and CHF Alliance teams have been doing over the past year. We were happy to welcome 7 Patient Partners, some of whom are part of the Patient Partner Leadership Team.

In parallel to the main session, we held our first workshop on women's health and sex and gender in HF. This new initiative of the CHF Alliance is led by Dr. Shelley Zentgraf and the workshop was a way to share ideas with some Canadian experts in the field and discuss how to move this initiative forward.

Pictures of the event will be soon available on the website.

We look forward to seeing you again next year!



Man Bah on Global BC Discussing Heart Failure Awareness Week!



**The Mitewekan-CHF Alliance Ceremonial Launch**

On Wednesday, May 22, 2024, Jean, Marc, and Leslie had the opportunity to spend some time with Amelia and Carol McCreary, both Indigenous Knowledge Holders from Kanawake, and their family for the Mitewekan - CHF Alliance Ceremonial Launch.

This gathering was an opportunity to share stories, culture, and to learn more about each other. We would like to take this opportunity to thank Drs. Alexandra and Malcolm King and their team for facilitating this event.

We look forward to the first Mitewekan Gathering to be held in Ottawa on June 11 and 12, 2024.

**Looking Ahead into June**

As the weather gets warmer and people start heading outside more, it's the perfect time to start healthier habits, from fresh summer recipes to indulging in yoga at the park.

To help get you inspired, check out these articles from Heart & Stroke:

**Salmon Cakes With Lemon Yogurt Sauce**

These salmon cakes are packed with omega-3 which have many potential benefits to heart health, including lower cholesterol, blood pressure, and inflammation.



**Read the Recipe**

**Tips to Get Action**

Feeling a lack of motivation? This article offers great tips to get back on your feet as well as a list of activities you can do in the Spring and Summer. Choose your favourite and get out there!



**Get the Tips**

**Take This Stress Test**

Stress can creep up when we least expect it. Knowing your triggers is a tactical way to understand your stress and get it under control quicker. Assess your stress management skills with this quiz.



**Take the Quiz**

**QUOTE OF THE MONTH**

*If you carry joy in your heart,  
you can heal any moment.*

— Carlos Santana

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