THE BEAT
from the Canadian Heart Function Alliance

LINKED BY THE HEART

Dear Members,

As we wrap up January, we're excited to reconnect and share the latest updates with you. Your continued engagement and support are instrumental to our collective efforts, and we're grateful for the opportunity to work with such a dedicated community. Together, we're making strides in advancing heart health and research, and we look forward to expanding our impact in the year ahead.

As always, if you're interested in joining the CHF Alliance, please reach out by replying to this email. We would love to hear from you.

Best,

Leslie, Maryse, Jean, Marc

Sitting Too Much Can Increase Heart Risks — Even If You Exercise, Study Finds

A recent study reveals that sitting for long periods can still raise your risk of heart problems, even if you're hitting the gym later in the day. Researchers say that while moderate to vigorous activity—like running or a brisk walk—is essential, it's not enough to counteract the harmful effects of prolonged sitting. Find out why movement throughout the day matters for heart health and what you can do to stay active, even if you're working at a desk.

Read the Article

Heart Failure Update 2025

Early Bird Registration for
HF Update 2025 is **now open!**

L'inscription anticipée pour
HF Update 2025 **est ouverte !**

Early Bird Registration for Heart Failure Update 2025 is now open! Join health professionals across Canada to explore the latest in Heart Failure care. Early Bird rates available for CHFS members until Feb 28, 2025. The event will take place on May 2-3, 2025 at Hotel X in Toronto.

Register Now

ACT Canada Webinar

This webinar will provide an overview of the ACT Knowledge Mobilization (KM) committee, tips for implementing Knowledge Mobilization in your studies, and details on ACT's upcoming KMi award.

Learning objectives:

1. Define Knowledge Mobilization for clinical trials in Canada.
2. Identify innovative knowledge mobilization strategies that work.
3. Learn about the work of the ACT Canada Knowledge Mobilization (KM) Committee and its upcoming funding opportunity.

Register now for this webinar happening February 6, 2025 from 2-3pm ET.

Register Now

Heart Healthy Recipe

Lentil Burritos

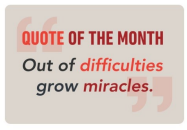
This year, prioritize cooking at home – it's a simple way to support heart health, even with a busy schedule. Try some of the heart-healthy recipes from Heart & Stroke like these Lentil Burritos – simple enough for a weeknight dinner. This satisfying meal has a touch of heat, perfect for keeping you warm this winter season.

Get the Recipe

CHF Alliance In-Person Meeting

Registration is open for our next in-person meeting in Toronto! Early Bird Registration: We are happy to cover the cost of one-night's accommodation at the Westin Harbour Castle Hotel for members who are coming from outside the Greater Toronto Area and who register before February 16, 2025 EOD.

Register Here



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

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