

February is Heart Month!

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#20 7th Street

Phone: 578-4800

Fax: 578-4950

Open 7 days a week

11:00AM-7:00PM



Designed by

Greg Lupier-Roziere

A PREVENTABLE TRAGEDY

Nine out of ten Canadians have at least one risk factor for heart disease or stroke. But the good news is that 80% of early/premature onset of these diseases is preventable.

There are some risk factors which you can not control, such as:

- Age
- Gender
- Family history
- Ethnicity
- History of stroke or TIA

But there are nine risk factors that you can control:


- Smoking
- Lack of physical activity
- High blood pressure
- Unhealthy diet
- Being overweight
- High blood cholesterol
- Stress
- Diabetes
- Excess alcohol intake

One key risk factor to manage is your weight—a healthy weight can help control other risk factors as well. A small weight loss of as little as 5% of body weight can reduce your high blood pressure and total blood cholesterol. Simply weighing yourself is not the only way to determine your health risk.

Studies have shown that extra weight around the waistline is more dangerous to the heart than extra weight that is on the hips and thighs. If you're a man and your waist measures more than 40 inches, or a woman more than 35 inches, you are at increased risk of health problems such as heart disease, high blood pressure and diabetes. For persons of Chinese or South Asian descent, you are at increased risk if your waist is more than 35 inches for men, or 32 inches for women.

By managing your nine modifiable risk factors, you can significantly reduce your risk. If you have questions about your health talk to your health care provider or for more information on heart health call Diabetes and Heart Health at 578-2370 or visit their website: diabetes-heart.brandonrha.mb.ca.





7th Street Health Access Centre
Coffee House
Sunday February 6th
2:00-4:00pm
coffee, juice and snacks!

Specialized Support Services February events:

February 14th, 1:30-3:30pm

Valentine's Party at Park Community Centre (1428 Louise Ave.) themed games, and good company! This event is open to all clients of Specialized Support Services, as well as any elderly or disabled persons living in the community.

For more information please call 578-4815 or 578-4809.



The **7th Street Health Access Centre** will be **closed** on Monday February 21st, 2011 for Louis Riel Day.

DID YOU
KNOW



In the month of December...



- The Shower was used over **89** times.
- **165** loads of laundry were completed.
- **16** individuals set up community voice mailboxes.
- Currently there are **65** active community voice mail boxes
- Over **66** faxes were sent out.
- The public phone was used over **500** times.
- Over **65** emergency meals were issued.



Community Volunteer Income Tax Program

Hours of Operation at

7th Street Health Access Centre, 20- 7th Street

From March 2, 2011 to April, 29, 2011

Monday 11:00 am – 4:00 pm Walk-In Service

Wednesday 11:00 am – 4:00 pm Walk-In Service

Friday 11:00 am – 4:00 pm Walk-In Service

** Walk-In times are on a first-come, first serve basis.*

For more information, please call: 578-4800 or in person at the 7th Street Health Access Centre.