

Heart Niagara to Host Queen Street with a Splash of Red Event

Organization to Celebrate Their 40th Anniversary and Cookbook Launch

Niagara Falls, Ontario - February 15, 2017: This year marks Heart Niagara's 40th anniversary of delivering community-based health services, public education and health promotion to Niagara's 12 municipalities.

In 2016, the registered non-profit charity saw over 20,000 people in Niagara through the Healthy Heart Schools' Program, community preparedness, diagnostic services, smoke cessation, corporate wellness initiatives and HeartCORE.

To commemorate another decade of achievement and success, the non-profit organization is hosting an event called, *Queen Street with a Splash of Red*.

The event will feature food and refreshments, mini fitness assessments, a cardiovascular risk review, including a cholesterol test, CPR and AED scenario/demonstration, networking, and Heart Niagara swag.



Heart Niagara's 40th Anniversary cookbook titled, *The Heart of Your Community*, will also be available for purchase. The cookbook promotes heart healthy eating options to manage premature risk for chronic diseases such as heart disease, cancer and diabetes. Cookbooks are \$20 each and the proceeds raised will support Heart Niagara's services and programming.

"We invite everyone to join us in celebrating our 40th anniversary at the Queen Street with a Splash of Red event. It will be an opportunity to experience a behind the scenes look at our organization and to find out how we reach more than 20,000 people annually," said Heart Niagara's executive director, Karen Stearne.

"During the event we will look back, celebrate today, and build tomorrow."

The Queen Street with a Splash of Red event will take place on Thursday, February 16th, from 4:30pm to 7:00pm, at Heart Niagara's new location at 4635B Queen Street in downtown Niagara Falls.

All are welcome, but reservations are encouraged. To RSVP call 905-358-5552 ext. 107 or email info@heartniagara.com.

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QUEEN STREET



with a splash of Red

Heart Niagara would like to thank everyone who participated in the creation of the cookbook including these generous sponsors:

Della Terra Fresh Olive Oil & Balsamic Tasting Bar, RBC, Grounded Roots Wellness Inc., Helga Campbell, Trustee DSN, The Garden of Eating - Niagara, Americana Waterpark Resort & Spa, Niagara River Lions, Niagara IceDogs, CAA Niagara, Club Italia Banquet & Conference Centre, The Business Link, Niagara Peninsula Energy Inc., 13th Street Winery, Subzwari's Accounting Inc., David J. Fast, Chartered Accountant, Coldcon Consulting and Dr. Zimakas.

For further information please contact:

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For 40 years, Heart Niagara has been providing cardiac health education and services to the region on a non-profit level, relying on the generosity of the community to support its programs.

[Visit our website](http://www.heartniagara.com)



Making Niagara Heart Healthy Since 1977