

**NEWFOUNDLAND AND LABRADOR WOMEN'S INSTITUTES' WOMEN'S HEART  
HEALTH WORKSHOP**

The Newfoundland and Labrador Women's Institutes held a Women's Heart Health Workshop on Saturday, September 24<sup>th</sup> at the Easter Seals' Building on Mt. Scio Road. Close to 80 women attended the presentations on heart health, healthy eating, smoking cessation and physical activity.

Information was provided on reducing the risk of heart disease, the dangers of smoking, how to read food labels and the benefits of exercise. A healthy cooking demonstration was presented and delicious samples were tasted, as well as participants partaking of a healthy lunch. Those present participated in a Zumba demonstration as well as an exercise demonstration using stretch bands.

Health booths were set up by The Heart & Stroke Foundation, Sobeys' Pharmacy, as well as the Smokers' Help Line. Participants were able to have their blood pressure, glucose, waist circumference and BMI taken and left with a record of their results.

At the end of the day, participants left with lots of information, handouts and prizes. They left behind a large donation of food for the Food Bank!