

# HeartLand Tour 2011

# HeartLand

July 9 - 17



Truro  
 Sydney  
 Halifax  
 Yarmouth  
 Antigonish  
 Bridgewater  
 Annapolis Valley  
 Pictou/New Glasgow

Heart and Vascular disease continues to be the #1 cause of death and disability in Nova Scotia. The irony is that unlike many other diseases, Heart and Vascular disease is mostly preventable. Proper nutrition, exercise, and understanding your risk-factors could mean the difference between life and death.

Join the HeartLand Tour Core-Team for a **fun and informative day** when they visit your community in July. Many heart-healthy events are planned, including long and short group rides **for cyclists and non-cyclists alike**.

Visit [www.HeartLandTour.ca](http://www.HeartLandTour.ca) for your list of community events and for information on how you can adopt a more Heart-Healthy lifestyle.

**When:** \_\_\_\_\_

**Where:** \_\_\_\_\_

**Contact:** \_\_\_\_\_

