

CIHR CAFÉ SCIENTIFIQUE PRESENTS

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# Urban Heart Health

## You are where you live..

**Wednesday, February 25th, 6:00 p.m.**  
**Verses Restaurant**

182 Victoria Street North, Kitchener, Ontario  
Please RSVP: [cafescientifique@cihr.gc.ca](mailto:cafescientifique@cihr.gc.ca)

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This free event is presented by the Canadian Institutes of Health Research's Institute of Circulatory and Respiratory Health, the Heart and Stroke Foundation of Canada and the Healthy Communities Research Network at the University of Waterloo.

Where we live has a significant impact on our health. The Kitchener/Waterloo region has recently witnessed tremendous population and urban growth and is expected to continue to grow by more than 200,000 people over the next few decades. What will this rapid expansion mean for your cardiovascular health? Will the Kitchener/Waterloo region of the future be a heart healthy community or a cardiovascular risk?

During Heart Month, join us for refreshments and lively discussion on how a growing population and a changing urban environment are linked to your heart health.

**Experts:**

**Pierre Filion**  
PhD  
School of Planning  
University of Waterloo

**Patrick Fisher**  
Public Health Planner  
Region of Waterloo  
Public Health

**Doug Manuel**  
MD, MSc, FRCPC  
Senior Scientist  
Ottawa Health  
Research Institute

**Stuart J. Smith**  
MD, FRCPC  
Chief of Cardiovascular  
Services, Regional  
Cardiac Centre, St. Mary's  
General Hospital

**Moderator:**

**Stephen Samis**  
Director  
Health Policy Heart and Stroke  
Foundation of Canada



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**Healthy Communities**  
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