  
  
Exciting news, Royal Canadian Legion Heart & Stroke has brought their free wellness program to the Southwestern Ontario Region [**soon**](http://www.cbj.ca/municipal-news/?rkey=20190510C7730&filter=4784)**!**

[**Heart & Stroke Activate**](https://www.heartandstroke.ca/activate/?utm_source=Afifliateemail) is a free 6-month wellness program that helps you manage your blood pressure for a healthier life. Get everything you need to eat better, move more and manage stress.

**Benefits include:**

* Online health platform with curated content and trackers
* Support from a personal health coaches and Loblaws in-store Dietitian
* 2-month free membership to YMCA-YWCA locations in the Ottawa Region (for non-YMCA members)
* *PC Optimum* points to reward healthy behaviour

**Activate your journey today!**  
1. [**Book**](https://www.heartandstroke.ca/activate/book-an-appointment?utm_source=Affiliateemail&utm_medium=Email&utm_campaign=ActivateAffiliateemail) your free in-person appointment.

2. Meet a Heart & Stroke trained volunteer in your community and enroll in the program.

3. Start your personal journey to healthier living with Activate tools and resources.

Get everything Activate has to offer if you’re over 40, do not have diabetes, not on blood pressure medication, and have blood pressure between 121-139 systolic (Activate trained volunteers will measure this for you).

**Where will Activate be recruiting?**

The team will be at the following locations:

* **Thurs, June 13 (9:30AM-7:30PM):** YMCA Bostwick (501 Southdale Rd W)
* **Fri, June 14 (9:30AM-1:30PM):** YMCA Bostwick (501 Southdale Rd W)
* **Fri, June 14 (4:30PM-7:30PM):** YMCA Centre Branch (382 Waterloo St)
* **Sat, June 15 (9AM-1PM and 3PM-7PM):** YMCA Centre Branch (382 Waterloo St)
* **Sun, June 16 (9AM-1PM):** YMCA Stoney Creek (920 Sunningdale Rd E)
* **Mon, June 17 (9:30AM-7:30PM):** YMCA Stoney Creek (920 Sunningdale Rd E)
* **Tues, June 18 (9:30AM-7:30PM):** YMCA St. Thomas-Elgin (20 High St)
* **Wed, June 19 (9:30AM-7:30AM):** YMCA Woodstock (808 Dundas St)

You can drop in, but it’s best to book an appointment by [clicking here](https://www.heartandstroke.ca/activate/book-an-appointment) to ensure a great experience!

Need more information? Visit [heartandstroke.ca/activate](https://www.heartandstroke.ca/activate/?utm_source=Affiliateemail&utm_medium=Email&utm_campaign=ActivateAffiliateemail)

[**Book**](https://www.heartandstroke.ca/activate/book-an-appointment?utm_source=Affiliateemail&utm_medium=Email&utm_campaign=ActivateAffiliateemail) **your free in-person appointment today!**



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