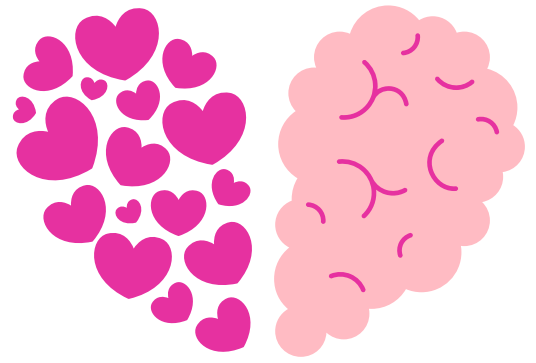


UPCOMING VIRTUAL TALK

REDUCING RISK: SUPPORTING HEART AND BRAIN HEALTH



Join the **Nova Scotia Sisterhood** for a free presentation for the Black community, offered in partnership with the Heart & Stroke Foundation, to learn about resources that support heart and brain health.

This session is exclusively for the Black community. All genders welcome.

Guest Speaker



**DELANEY HINES,
MPH, MBA**

Senior Manager,
Health Equity Partnerships
Heart & Stroke Foundation

Topics

- Heart & Stroke Risk Screen tool
- Signs of stroke (F.A.S.T.)
- Risk factors and indicators unique to Black individuals
- Heart & Stroke resources and advocacy work



June 22, 2026 at 6:00 p.m. (AST)



Virtual via Microsoft Teams



Receive the online link!

Call 902-223-2146 | Email NSSPrograms@nshealth.ca

