

HOW TO KEEP YOUR HEART HEALTHY: TAKE OUR HEART HEALTH CHALLENGE!

TO ENTER

Submit a photo or text post of your commitment to your social media profile and tag FNHA on social media or use the **#HeartHealthandWellness** hashtag.



SUBMIT BY FEBRUARY 28, 2018 AT 5PM

Winners will be drawn on March 1, 2018!

5 winners will be chosen and will win a sporting gift certificate valued at \$100!

CLICK HERE TO FIND OUT MORE:

www.fnha.ca/about/news-and-events/news/how-to-keep-your-heart-healthy-take-our-heart-health-challenge



First Nations Health Authority
Health through wellness

