

We respectfully acknowledge that the City of Burnaby is located on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), səliłwətał (Tsleil-Waututh), and kʷikwəłəm (Kwikwetlem) Peoples. Each Nation has distinct histories and distinct traditional territories that fully or partially encompass the city. We encourage you to learn more about the Host Nations whose ancestors have occupied and used these lands, including parts of present-day Burnaby, for thousands of years.



Settlement & Integration Program

Your Heart Matters: A Talk about Women's Heart Health

Join us in this heart-health talk with
Najah Adreak to learn:

- What heart disease is.
- How heart disease is different in women, including signs and symptoms.
- Risk Factors for heart disease.
- How you can take heart healthy action.
- Tips for talking with your health care provider.

Eligibility:

We are funded by Immigration, Refugees and Citizenship Canada (IRCC) and, in accordance with their requirements, we focus on supporting permanent residents and convention refugees.

Session Details

Date: February 3rd, 2026.

Time: 12:00 - 2:00 PM.

Location: Burnaby Neighbourhood House -
South House (4460 Beresford Street, Burnaby).

Room: Banquet Room 2 (Third Floor).

Registration Details:

For more information to register, please
contact Dali:

Daliq@burnabynh.ca