



**T**CF conducted its annual Heart Health Fair on 7<sup>th</sup> October, at Cedarbrook Center, Toronto. Each year this is an event where cardiologists and other social workers educate the local citizens on how to maintain healthy hearts through proper diet, weight control, exercise and other preventative methods. With an audience of nearly 150, three specialist cardiologists, spoke about issues such as Women and Heart Health, Diabetes and Heart Health etc. Our honorable presenters were Dr Vivian Rambihar, M.D. (Senior Cardiologist), Dr Venessa Raambihar, M.D. (Family and Community Medicine), and Dr Narendra Singh, B.Sc M.D. ABIM, FRCP(C) Internal Medicine Specialist. Also there was a Yoga specialist and Nutritionists to advise and guide the audience to a healthier life style. A healthy lunch was provided for all. Entertainment was provided by local performers.



Our grateful thanks to all who participated and made this event such a success. We look forward to continuing this effort in future years.

**The Toronto-Calcutta Foundation**  
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