



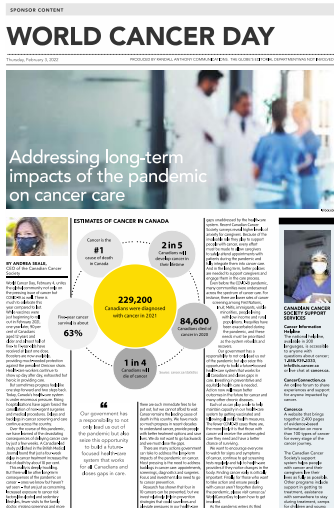
2025 NATIONAL INTEGRATED SPECIAL REPORT –  
DIGITAL AND NEWSPAPER

# Heart Health Month

Shedding a light on heart disease, Canada's second leading cause of death

**INTEGRATED CONTENT FEATURES:** Turnkey solutions in which participating advertisers can be mentioned or quoted in at least one story.

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February is Heart Month, a time dedicated to raising awareness about cardiovascular health and promoting heart-healthy living. Various organizations are at the forefront of this movement, providing invaluable resources, conducting groundbreaking research, and spearheading initiatives to improve heart health education and outcomes. This special feature will explore the latest advancements in heart health, preventive measures, and the importance of maintaining a healthy lifestyle to reduce the risk of heart disease.

**Proposed topic highlights:**

- Latest Medical Advancements** — Breakthroughs in cardiovascular treatments and technologies.
- Preventive Measures** — Strategies and tips for preventing heart disease through lifestyle changes and early detection.
- Healthy Lifestyle Tips** — Diet, exercise, and wellness tips to support heart health.
- Patient Stories** — Inspiring stories of individuals who have successfully managed their heart health.
- Community Initiatives** — Programs and initiatives aimed at improving heart health awareness and education.

**GET INVOLVED TODAY. CONTACT:**

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Print/Digital Weekly Readers – **5,941,000**  
Print Weekly Readers – **2,580,000** | Digital Weekly Readers – **4,607,000**

Source: Vividata SCC Spring 2024, National, Adults 18+

Standard Booking Deadline	Material Deadline	Publishing Date	Sponsor Content Booking Deadline
January 20	February 7	February 15	January 20