Dundas Heartbeat

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Plantes plan East Coast trip 17 years after triple bypass

Catherine Thompson
Record Staff

BRINSTON—Harvey Plante has had his share of heart attacks over the years, but he is alive and well today, thanks to a triple bypass operation years ago at the Ottawa Civic Hospital.

From 1985 to 1986, Plante had been suffering chest pains, and he passed out three times in the washroom. His family physician, Dr. John Marsden referred him to internist Dr. Larry Schnurr of Morrisburg and he was receiving nitroglycerine for angina.

In September 1986, Plante went to Winchester District Memorial Hospital, complaining of chest pains, and was taken to the Ottawa Civic Hospital, where he was under observation for several days. While exercising, he had a major heart attack and was picked up by a patient following him.

Plante had an angiogram that evening, and Dr. William Goldstein did a triple bypass starting at 9 a.m. the next day.

A week after the surgery, Plante went back to working in the office of his farm equipment dealership, and a month later, he was on the road again. "I didn't know enough to quit working. I never did anything but work since I was 14," he said.

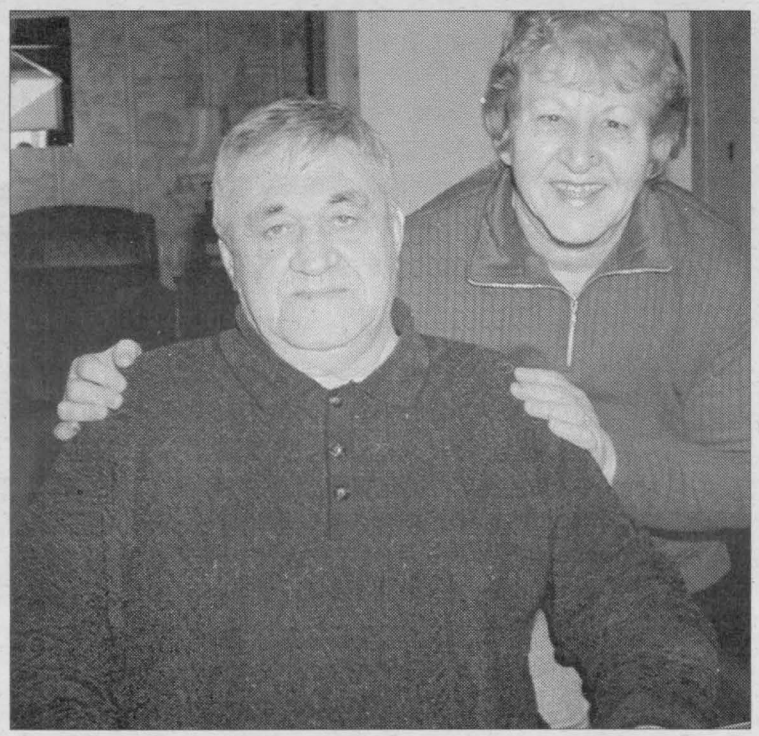
Plante's troubles recurred in December 1997, in the form of a "small heart attack" while he was shovelling snow. He experienced chest pain, and thinking his nitroglycerine was outdated, took three sprays and everything went blurry.

He was alone, but fortunately made it into the house, and called a neighbour, Roger Groleau, who took him to the Winchester Hospital., where he was placed in an oxygen tent. He spent Christmas at the hospital, and a couple of months later, had an angiogram with Dr. John Stimac, which showed the main artery was clear, but two small arteries were blocked.

After the 1997 attack, Plante asked his son Paul if he would like to take over the farm equipment business in Brinston, and gave him 24 hours to decide. "I would have loved Paul to come in with me and I'd keep going," said Plante. But this was not to be.

Plante was walking two miles a day for exercise, but in the fall of 1999, he developed such severe pain in his back that he couldn't move. He saw Dr. Marsden, then he went to the Ottawa Civic Hospital.

Suspecting a blockage in a leg vein, he had an appointment the Thursday before the Thanksgiving weekend with Dr. Graeme Barber, a vascular surgeon. On Tuesday, Barber saw Plante again and referred him to Dr. Donald Chow, an orthopaedic surgeon. Chow told him to bend down, touch the floor, and diagnosed back problems.



Harvey Plante and his wife, Anit,a have been through the thick and thin of Harvey's health problems together, and plan to visit the east coast this summer.

Before he went for a cortisone shot, a nurse told him, he had gone to work too young. Over the years, hard manual labour had taken its toll. When cortisone did nothing to lessen the pain, Plante was booked for surgery in March 2000, when Chow operated to relieve a pinched nerve and three spinal fusions.

While the patient was under anesthesia, he had another small heart attack, and his recovery was delayed, because he was so weak from the combined effects of heart trouble and recovery from surgery.

Six weeks after he had returned home following back surgery, Plante had another small heart attack, passing out in the washroom, and hitting his head against the wall, suffering a mild concussion. He was picked up by relatives and was in bed for seven months, being cared for by his wife Anita. On the road to recovery, he spent another few months in a wheelchair, then progressed to a walker and a brace.

Because he had not been able to exercise properly after the back surgery, he believes the nerve in his back went dead, preventing him from walking. But now, he can walk short distances without a brace, and longer distances with a brace.

Since the triple bypass, Plante has been on heart medication including Lipitor, Norvasc, Apo-Acebutolol and Plavix, instead of aspirin, because of an allergy.

Last fall, he passed an echocardiogram administered by his current physician, Dr. John Fulop, with flying colours. "He told me heart was 98 per cent, which is excellent for my age," he said. "I feel very good today."

His only regrets are travel restrictions, imposed by the fact he can sit behind the driver's wheel for a limited time, compared to the long hours he would regularly travel for business purposes. Plante and Anita wish to visit the east coast this summer with a cousin, and he dreams about doing a cross country tour to the west coast.

Plante said he has the greatest respect for the physicians who treated him, especially Dr. Marsden, Dr. Schnurr, Dr. Stimac and Dr. Fulop. "I had excellent care at Winchester Hospital and the Ottawa Civic," he stated.

"And I want to express my deepest thanks to Anita. She was there through thick and thin, and I wouldn't have been able to get to where I am today without her."

Dundas Heart & Stroke president's message

Once again this year your newspaper is providing an insert to help make you aware of the work the Heart and Stroke Foundation does, the successes that have been achieved, and the need for funding for continued research. I thank those involved for this service.

With bypass surgery and balloon angioplasty, many with heart disease have been helped, and exciting new advances are being made that will help others.

These include working with genes to promote better health, and growing the patient's muscle and stem cells in a lab, then injecting them into the damaged area where they can replace dead heart cells.

Half of the strokes that occur are not due to smoking, heart disease or diabetes. Researches are trying to discover the other causes, especially biological and genetic. Further, a massive study being done at over twenty hospitals monitors and evaluates all stages of stroke treatment. Stroke is the leading cause of long-term disability and has a huge effect on the patient's family as well. Within a year, half of the primary caregivers develop an emotional illness. Fewer than half of the victims return to work, causing the family financial stress as well. In Canada. over four million dollars is the estimated annual cost of strokes.

During February, a neighbour will call on you seeking a donation to assist in the research that the Heart and Stroke Foundation makes possible. I hope you will be able to help. Thank you.

Steve Thompson
President
Dundas County Chapter
Ontario Heart and Stroke Foundation

Doctors continue to be surprised

By Sandra Lee Johnston
Iroquois Chieftain Staff

Bob Bennett sits in his open concept home on Waddell Road in the former Matilda Township looking out on his snow covered backyard, a smile on his face and his best buddy Joe on his lap.

Bob is a sort of miracle man, for when what he refers to as his "heart career" began some twenty years ago, he never imagined he would have endured so much and still be here to talk about it all.

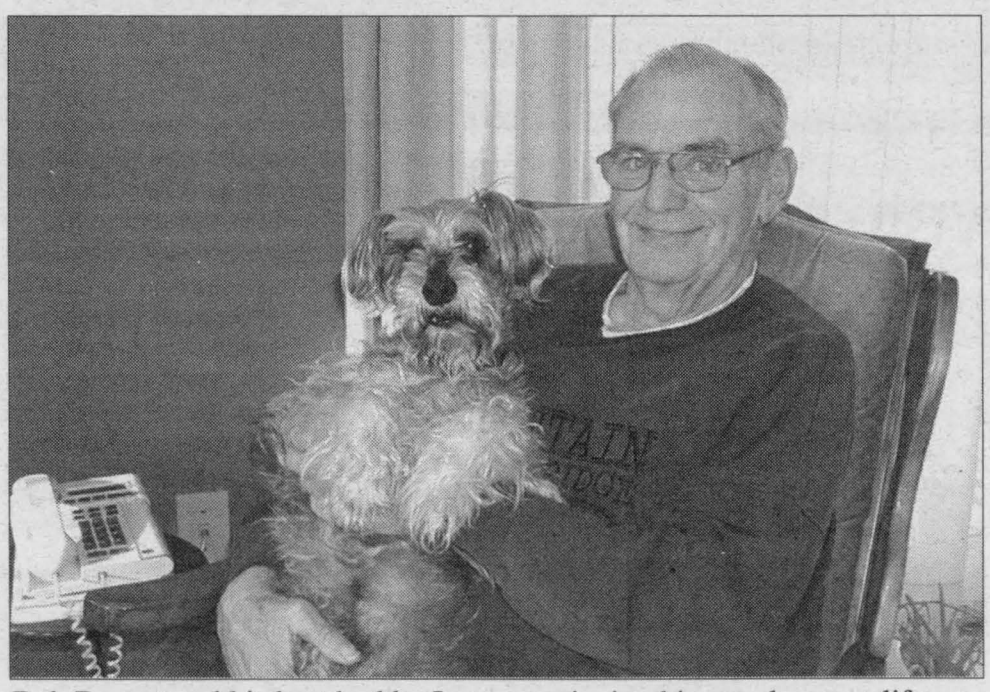
He was however prepared for trouble since he has a strong family history of coronary disease.

Talking to Bob as he rummages through his folder of notes (heart patients seem to collect these), his instructions and his heart history, one cannot help but be amazed. Beginning with angina attacks in 1983, he ended up in Kingston Hospital for (failed) treadmill tests and eventually triple-by-pass heart surgery. "I had a choice of there or Ottawa and since we have family there it was an easy decision for me." Bob reflects on the operation, "Things were quite successful, they promised me ten good years, and up until 2002, I was in good shape, that is almost double the time they forecasted."

After the surgery Bob tells us he came home and adhered strictly to his exercise program, "I walked religiously, being a smoker, I stopped (for a couple of years) and was able to go back to work within 3 months, as a salesman in the agricultural business. Work went well, but by 1989 I was back in the habit of smoking again." Suggesting that when his wife took a vacation in Cuba, he became lonesome and it was simply too easy to light up...one leads to another and he was hooked again.

Then in 1992, angina struck again and again he stopped cold turkey. His family physician, Doctor Marston referred him to Dr. Schnurr who sent him to the Heart Institute in Ottawa for an Angiogram. "They told me there was nothing they could do, the by-pass was just too close to the heart,"explains Bob. In 1995 he recalls undergoing Angiography and he was told that any more surgery was simply not practical for him. "So in 1995 I quit work for good," Bob says, "But it was not a good thing for me and since Jimmy Locke was starting his new business, I offered to do some selling for him, I could not sit around doing nothing, it gave me too much time to think!"

Until the fall of 2000, things seemed to be going along without incident, then as Bob puts it, "I took a pain the likes of which I have never experienced before in my chest. Jim drove me home and Val (his wife) took me to Winchester Hospital. By the time we got there the pain had subsided, but Doctor Schnurr suggested I stay a couple of days to be sure and then check in with him at his office." This visit proved some of the doctors' suspicions, when he was told, "I think you've got an Aneurysm, it was not a heart attack." This began another round of testing. A camera inserted down his front passage showed what looked like a tear in his Aorta. Concern was expressed that Aneurysm surgery would most assuredly cause another heart attack.



Bob Bennet and his best buddy, Joe, qre enjoying his new lease on life.

Arrangements for another Angiogram early in 2001 resulted in Bob's remaining in hospital for two weeks and having two by-passes done again. One which should have been done, since it is 100% blocked was left due to the length of time it had already been and the scar tissue they ran into. Some five weeks later Bob found himself in Ottawa again, this time it was Aneurysm surgery. Once home he has been doing exactly as the doctor ordered, "Nothing at first, not even allowed to walk as before, I thought things were going well."

Then in 2002 at Easter time Bob was short of breath as he experienced fairly bad chest pains and went by ambulance to Winchester Hospital ICU. Dr. Schnurr told Bob he was experiencing heart failure since one side of his heart was emptying of blood faster than the other. "There was talk of a pacemaker, and plans to return to Ottawa, instead they put me on coumadin and various other medications and sent me home, if surgery had been attempted, I would be dead, my heart is working at 30% capacity. I nap often and only do what I feel I have energy for. No snow shovelling, vacuuming or such, I don't drive much, or do many of those things I once took for granted, my quality of life is not great, but I am alive and still kicking." During the last heart operation he suffered two small strokes as well.

Bob notes that although not a romantic, "I could not have done it without Val, she has been solid as a rock and our boys have been great through it all. Good friends like Garry and Della, Ron and Barb and Lee and Jean help in many ways to make things better, through a visit, an offer of a drive or a phone call just keeping in touch is great. My previous Minister was a terrific guy as well.

Val adds that Bob's heart troubles have changed their lives a great deal, "It is a constant worry for me, always at the back of my mind is that something may be going to happen, will Bob do something he shouldn't, his balance is not good and once he starts to fall he can't stop himself...so I feel I need to be with him all the time..."

They have come through a lot together. Their relationship grows stronger everyday, it is evident as we speak, Bob has courageously endured with the love and guidance of a lot of people, including medical personnel and he appreciates each of them as he does every minute of every day that much more than he did yesterday.

Heart & Stroke's role in the stroke strategy

Champion

In 1997 Heart and Stoke identified the need for a comprehensive stroke strategy across the continuum of care. Since that time, Heart and Stroke has taken a leadership role to engage the Ministry of Health and Long-Term Care and the health community in developing a coordinated approach to stroke care. Specifically, the Working Group that prepared Towards an Integrated Stroke Strategy for Ontario was co-chaired by Heart and Stroke. Heart and Stroke continues to co-chair the Joint Stroke Implementation Advisory Committee. Recognizing the need for policy development with respect to stroke rehabilitation, Heart and Stroke convened the Stroke Rehabilitation Consensus Panel that released its report in May 2000.

Convenor

Heart and Stroke convenes the Forum of Regional Stroke Centres. This group meets biannually to share experience, problem solve common issues and facilitate provincial collaboration. The Ministry of Health and Long-Term Care provides funding for the Forum. In addition to the formal meetings, regular working sessions are held with regional coordinators, an annual retreat for the core staff team and an annual Collaborative for a broader group from each region to hear about provincial progress and specific regional initiatives.

Public Awareness

Heart and Stroke launched an innovative two-year public awareness pilot study to determine the most effective and efficient methods of educating the public to recognize and react to the warning signs of stroke.

Research from the pilot sites illustrated it is possible to significantly increase awareness levels of stroke signs and symptoms by utilizing a combination of television, coupled with an intensive public relations component.

One component of public relations activities was the recruitment of Walter Gretzky as Heart and Stroke's national stroke spokesperson. Walter Gretzky: On Family, Hockey and Healing and Healing became a number one national best-seller, selling close to 30,000 copies. A soft-cover edition of the book is planned to launch in Winter 2002.

Heart and Stroke has submitted a proposal providing a detailed overview of the objectives, strategies and tactics of rolling out the campaign model across the Province to the Ministry of Health and Long-Term Care. The Ministry is considering the optimal timing for the Provincial roll-out of the campaign.

Lifestyle: Do you want to be in the pink or a Code Blue?

By Dr. Graham A. Jacques

STAT! CODE BLUE! ICU!... The PA system blared as the nurses hustled me out of the room. My head whirled. I'd seen him just a couple of days ago, and he looked great! But this morning they had called me from the hospital to say he'd been admitted with chest pain. I came right up, and he did not look well - pasty grey and very weak. The doctor said he'd had a heart attack, a big one, and it didn't look good. I went in to see him, and he looked awful. I asked him how he felt, and he whispered weakly "great". He looked so small on the pillow, and had all these tubes attached to him. I felt so scared. Then he looked even paler, collapsed back on the pillow, and I heard some loud beeping from the nursing station as a nurse rushed over, looked at him and yelled "STAT!"

I was quickly led away down the hall as the resuscitation team came running. I waited and waited, then a nurse came in, and I knew right away, from the look on her face, that it wasn't good. She squeezed my hand and said "The doctor will be right in." In a minute, the doctor came in. I vaguely knew him, he worked with my doctor.

He looked a bit haggard and worn. "I'm so sorry, Mrs. Smith, but we couldn't save your father. He'd had a pretty big heart attack, and unfortunately, his heart was in pretty bad shape. He wasn't all that old, either, was he?" No, he wasn't, but he wasn't one to look after himself, either. "Mrs. Smith, why don't you make an appointment with your own doctor? I think she'd like to talk to you about your own risk for heart disease - just call our main office tomorrow morning and book an appointment - I'll tell her what happened. Once again, I'm so sorry about your father."

"Hello, Mrs. Smith, I'm so sorry to hear about your father - I talked with my colleague about what happened - apparently, there wasn't much anyone could do."

"It was all so fast, doctor, that I'm still not sure what happened."

"Well, you probably know that he had a massive heart attack, then he had a cardiac arrest, and unfortunately, he couldn't be resuscitated. He was fairly young, too."

"Yes, he wasn't yet sixty, but he really didn't care for himself. We all miss him so dreadfully."

"I'm sure you do - he was a very active man in the community, one of the best fundraisers around, he really didn't know how to say "no" did he?"

"That's it, but he never took the time to look after himself - just looked after everybody else."

"Yes - and you take after your father, don't you?"

"Well, I guess I did miss my last physical, but I had a board meeting to prepare - I know - I'll try to do better!"

"Why don't we just take a look at your risk factors - fortunately, though you missed the medical, you did get in for the lab work. So, we know you have at least one risk factor - your father, now, what about your mother?"

"She's pretty healthy, to the best of my knowledge, although, like me, she's overweight - her mother died at 75, of a stroke."

"O.K. any brothers or sisters with health problems?"

"Well I do have a brother who has high cholesterol, and is overweight, and he smokes - like me!"

"Anybody with diabetes?"

"No, we're lucky that way, I guess."

First, let's check your blood pressure - hop up here and we'll see what it is.

Hm 155/95 - that's not so good. Well, we'll check it again in 1 month."

"Now, let's look at your lab results. Your cholesterol is high, at 6.5, and it's the bad cholesterol - the LDL that's high, too, at 4.3. Your triglycerides are normal, but only just, and your good cholesterol is low normal at 0.95. All in all, that adds up to trouble - you're at high risk for heart disease. On top of that, you smoke, and I know you don't exercise nearly as much as you should."

"So what you are saying, is that I might be in the same boat!"

"Yes - the Titanic!"

"So what can we do? It hurts so much to know that he's gone way too early - what can I do so I don't do this to my kids?"

"You certainly do have your work cut out for you, but it is not impossible. The first thing we should do is control your blood pressure. We'll check it in a month and in a month again. If it remains high, then we will treat it. In the meantime, attack the smoking problem. I've got some information here on the various ways to quit, and the aids to do so. You read this, then we'll decide together on the best approach. Remember, it will take some time and probably a number of tries before you succeed, but I know you are very goal oriented, so you'll probably prove me wrong and quit for good on the first try!"

"Thanks for the vote of confidence, so what's next?

"Next we have to look at diet and exercise. This means a change in your lifestyle and that's difficult, but I want you to think about this. Your father died early, and with a lot of his work unfinished. If you spend some time on a regular basis looking after yourself, instead of ignoring your health, I'll bet you will, in the end, do far more work of better quality, and you'll enjoy it more, too. Use that type "A" personality your father gave you! "

"And maybe my kids won't have to bury me quite so early as I did with my father."

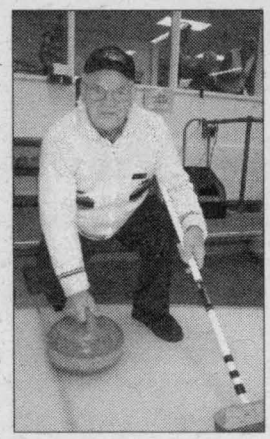
"That's it! You've got the idea - now just go do it, girl!"

Back on the ice

By Bonnie McNairn
Morrisburg Leader

MORRISBURG - Arnold Centen's heart surgery didn't keep him down for long, in fact it only kept him from his favourite sport of curling for one season.

Centen who turned 80 on December 17, 2002, says he had excellent care from his local doctor, as well as the nurses and Dr. Keon at the University of Ottawa Heart Institute.



Arnold Centen is back on the ice a year after heart surgery.

"I had been going to the doctor, and he told me I had a little heart murmur," says Arnold. "I had it for years, and I was told if it stayed the same there was no problem."

But it didn't stay the same, and the problem began.

"He was saying he was getting tired a lot," explains his wife Grace.

So in late August of 2000, with fatigue being the only hint that something was up, a trip to the doctor revealed a problem with a valve. He was referred to the Heart Institute where he was told an operation was necessary and he could expect a wait of six to eight months before he would get in.

But the wait was much shorter, and on December 1 Arnold underwent surgery.

"I didn't have a heart attack or anything," says Arnold. "I was lucky. It was found early."

"My problem was the main heart valve that pumps your blood. They replaced it with a pig valve," he says with a chuckle.

"They also did one little bypass because they saw something during the surgery," says Grace.

The Centens say they had wonderful care. Following surgery the family was told everything had gone well and were advised to go home until the following day.

That evening they were called at 9 p.m., as they had been told they would be, for a progress report. They received another expected progress report at 9 a.m. the next morning and were told it would be okay to visit Arnold at noon of that day.

Arnold says he doesn't remember a lot about the first few days of recovery nor the family visits.

"They give you enough stuff, and the nurses were really good."

Arnold was back home in Morrisburg just 10 days after his surgery, to begin the next phase of his recovery.

For a period of time he found he tired easily, and Christmas that year was quiet with just a short visit from his family (two daughters and two sons with their children) on Christmas Eve.

"That Christmas, I did something we never did before," says Grace. "We always bought presents, but that Christmas I bought a box of socks, and they, and they all got socks and money."

"And now we do the same thing every year."

By February 1, 2001, Arnold was feeling better, and he got the okay to get out and about.

That meant a return to the Morrisburg Curling Club, where, although he couldn't participate on the ice, he could watch the games and see his friends. He returned tot he game for the start of the 2001/2002 season.

Arnold says he has not had to make changes to his diet, but he is limited in the amount of alcohol he can ingest. The limit, however, does not prevent him from participating in the odd toast following a curling game.

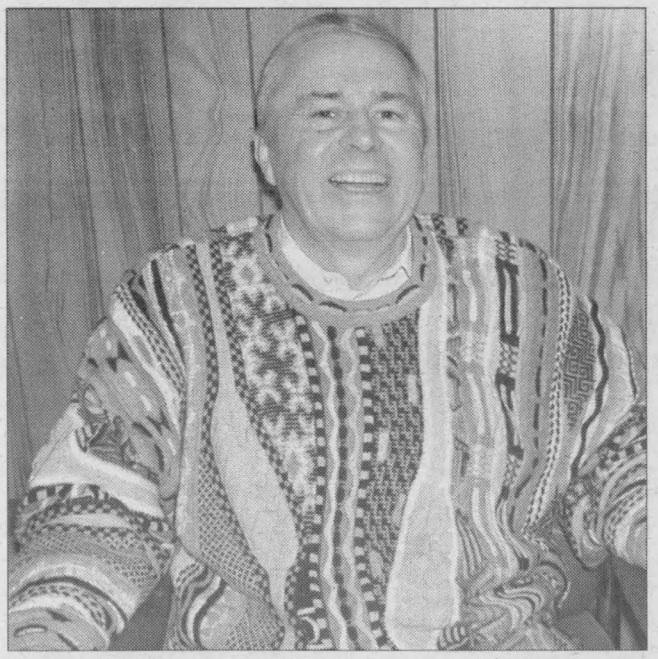
The main instructions he received concerned exercise, and he was advised to begin walking on a regular basis.

So, he got himself a dog for company and in the good weather the two go for walks.

"I curl three times a week in the winter," says Arnold.

"He does everything again," says Grace. "As soon as he was told he could, he was back driving. He mows the lawn and does his gardening."

Arnold and Grace came to Canada in 1952 and settled on their 150 acre farm west of Williamsburg in 1956 where they milked 35 cows. In 1983, when Grace was having problems with arthritis, they sold the farm and retired to Morrisburg.



A year after his heart attack, Morewood resident Bill Smirle thought he had recovered. It was the attention of his family doctor which led to an angiogram that discovered three arteries 90 per cent blocked.
Press Photo — Zabel

Few warnign signs

By Chris Zabel
Winchester Press staff

MOREWOOD — "I had a complete physical a month before my heart attack," said Bill Smirle. "My cholesterol, everything was average in every way. And I had led an active life."Smirle was 60 when he suffered a heart attack while shovelling snow, on Dec. 17, 2000. He remembers having a very heavy feeling when he went back to the house. When Nancy, his wife, heard his complaints, she immediately gave him two aspirin. The pains wouldn't go away, so they decided to go to the hospital.

A blood test showed immediately that Smirle had had a heart attack. At Winchester District Memorial Hospital, the attending doctors praised the couple's awareness that had brought them to the hospital very quickly. "And the doctors said taking aspirin was one of the best things we could have done," said Smirle.

Bill Smirle, now 63, lives in Morewood on a dairy farm. Although he's always been active on the farm his son now operates, his career was as an elementary school teacher and then a principal. Since retirement, he's been almost unavoidable around North Dundas with his generous volunteer work. People who have met Smirle will recall someone so energetic, they might be surprised he was recently a heart patient.

After his heart attack, Smirle entered the exercise program at the Ottawa Heart Institute. He was committed to the program, driving into the city twice a week for four months, for cardio exercise classes. A large benefit of the program is that the resources of the hospital are present, if needed. And Smirle emphasized that the program only accepts people who are motivated, beginning with changes in diet and lifestyle. When he completed the program, as far as Smirle knew, he was doing everything right.

It was the results of Smirle's stress tests that gave his GP lingering doubts. Smirle was given three stress tests in the year following his heart attack. Dr. David Flowers in Winchester was reviewing Smirle's file when he noticed that the results of the stress tests weren't consistent. "He noticed that the functioning of the heart wasn't staying the same. It was dropping a little with each test," said Smirle. "He thought I should have an angiogram."

In November 2001, Smirle had an angiogram. "What they saw was that three arteries were 90 per cent blocked," he said. The news was surprising to Smirle and his doctors. The blockages in his heart should have been causing pain, aches and shortness of breath, none of which Smirle was noticing.

The angiogram was on a Monday, and Smirle had angioplasty the following Friday. His case apparently became a high priority right away. "When they won't let you go home, I guess they're considering it a high priority," he said.

Smirle had three stents installed in his heart. The operation required an incision in the thigh, where the stents were inserted and then run up into the heart. Smirle said the stents look a lot like pen springs, with a little balloon inside. The stents are collapsed while they are being wiggled into place in the blocked arteries. Once in place, the balloon is inflated and the artery opens.

"They have you conscious through the procedure," said Smirle, who could see the activity in his arteries on a television screen in the operating room. The stents allow normal blood flow through the arteries, and are left in permanently. Patients take medication after angioplasty to ensure blood will pass through the artificial devices while a layer of skin grows over them.

After the operation, Smirle returned home after only one day of hospital recovery. And about two weeks after that, he was active again. "They encouraged me to watch my diet, get lots of rest, exercise, and to use common sense," said Smirle. This is the advice that he's followed, and had success with, since his heart troubles.

He has a few restrictions. "I'm not supposed to lift anything too heavy, so I don't," he said. He still does work on the farm, and can still shovel.

Smirle explained that he's changed his diet, not giving up foods altogether, but reducing his portions. "We're a lot more moderate with the foods that have a lot of fat," said Smirle. "Dairy, yes, but in moderation."

Another change is regular cardiovascular exercise. Smirle said he keeps a walking routine of about five times a week, raising his heart rate for 30 to 45 minutes. He has a dog to keep him company, and a treadmill to keep up his routine when the weather's not suitable for walking. A former physical education teacher, he said adopting regular exercise in his lifestyle wasn't difficult, especially considering what was at stake.

Looking back at his heart attack and subsequent operation, Smirle recalls there were a few vague warning signs. He was about 30 pounds overweight, pounds he's since lost to get down to 180. He acknowledged that his career as a principal was stressful, and could have played a role as well.

One thing he is sure of is that he benefitted from the diligence of his general practitioner. "All sorts of accolades to the doctors." He said Dr. Flowers and also Dr. Janet MacLean at WDMH were instrumental in recognizing the need for an angiogram, which caught a very serious problem in time.

An idea that grew

WE ALL KNOW "THE LITTLE ENGINE THAT COULD" THAT KEPT SAYING OVER AND OVER AGAIN, "I THINK I CAN, I THINK I CAN". THIS IS THE ATTITUDE THAT SEAN BUTCHER ADOPTED TO ESTABLISH AN ATHLETICS CLUB IN SOUTH DUNDAS FOR THE PURPOSE OF PROMOTING HEALTHY LIFESTYLES.

Sean Butcher's goal was to make the fitness facilities available at the Operating Engineers Training Institute of Ontario in Morrisburg open to the general public. Sean approached the Heart Health Coalition of Dundas with his idea and a partnership was established between the coalition and the OETIO to pursue this idea. Norman Stewart then joined the effort to further research this proposal and to obtain the cooperation of the OETIO and it's Union.

A committee of interested citizens was gathered and the South Dundas Athletics and Recreation Association was created. The mission of SDARA is to assist everyone to develop a healthy lifestyle and athletes of all ages to excel at their chosen sports to obtain an ultimate fitness level, while fostering teamwork and the building of lasting relationships with their peers.

The committee has been successful in establishing themselves as a non-profit organization, on electing a Board of Directors (from interested citizens) and on obtaining grants and donations from various sources. The facility is now open to the public and an official launch is being planned for the near future. This facility will provide the citizens of South Dundas with a resource centre and many opportunities to train and increase their knowledge of fitness and healthy lifestyles.

This small idea has grown to include the support of the community and various organizations. The South Dundas Athletics and Recreation Association are currently planning many future projects. The Healthy Rhythm Coalition of Dundas is pleased to have been associated in the development of this initiative and we salute Sean Butcher and Norman Stewart for taking to heart the health of the citizens of South Dundas and to foster the enhancement of healthy lifestyles.

The Healthy Rhythm Coalition of Dundas looks forward to partnering on other lifestyle projects with SDARA (South Dundas Athletics and Recreation Association) in the future.