



FITT 

Cardiac Association

April 2024

Fittnow.com

FITT COMMUNIQUE

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FITT

- F— Frequency
- I— Intensity
- T— Time
- T—Type

The soul usually knows what to do to heal itself. The challenge is to silence the mind.

ANNOUNCEMENT AND NOTICE
2024 ANNUAL GENERAL MEETING
FITT CARDIAC ASSOCIATION

Come and determine the future of the
F.I.T.T. Cardiac Association

Members will have the opportunity to give their opinion on the future viability of F.I.T.T. Cardiac Association.

It's your association so your opinion is very valuable to help shape our future.

Date: Wednesday April 24, 2024

Place: Confederation Seniors Centre

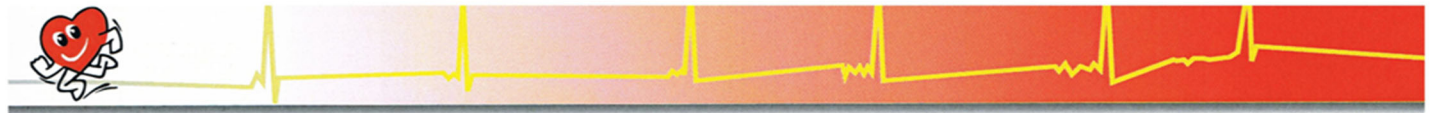
Time: 6:30 PM

CHERISHED MEMORIES



Mission Statement

F.I.T.T. Cardiac Association's purpose is to facilitate a Healthy Heart Maintenance Program (after Hospital Cardiac Rehabilitation); to support the continuing Health, Welfare, Exercise, Knowledge, Medical and Social benefit of our members. Participation in this program will reduce hospital visits and improve the overall health of participants.



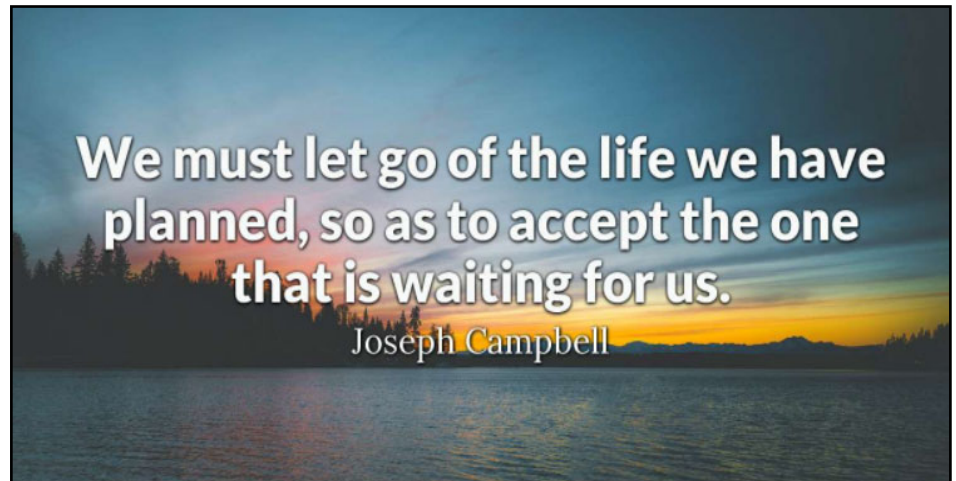
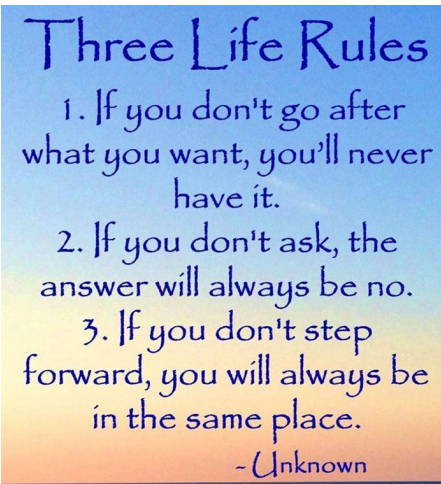
FITT Cardiac Association 2024 Events

Events for 2024

Summer BBQ - Confed Park Date TBD

Christmas get Together—December 4th or 11th

Fall Event—Yet to be determined—Suggestions always Welcome.



New Board New Blood—Possible New Direction

F.I.T.T. Cardiac Association needs some “NEW BLOOD”!!!

A brief update on the history of our Association is that we started in the early part of this century – 20+ years ago! At that time, we were strongly supported by the Burnaby Hospital Healthy Heart Program, but after the hospital support was terminated in 2015, followed by Covid in 2020, we are now facing again a big decision as to our future! We can very easily and successfully continue our Association as a social group, with annual events like the Summer BBQ, Christmas Get-together, and other things such as dinners at local restaurants. We could also revive the golf (pitch and putt), bowling, etc. However, to achieve this we NEED HELP, COMMITMENT, AND INPUT.

So.... If you are interested in keeping these current events alive, and expanding into other events, we need HELP.

Come join the current Board of Directors, and/or volunteer to organize other events! Your input, suggestions, and involvement are welcome.



OBITUARIES

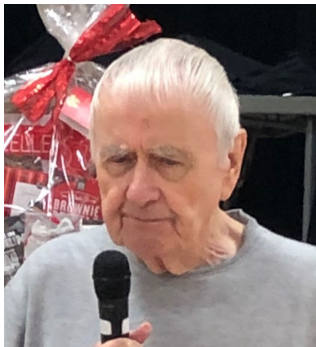


Victor Dattel 1937-2024

Victor was a member of Healthy heart at Confederation senior centre Since 2014. He enjoyed the classes and made many friends. Victor passed away on Saturday, February 17th
He is remembered by his wife Miriam and family.

Picture Not
Available

Allen Eden sadly passed away at the age of 93 on February 18, 2024. He was a long time member of Healthy Heart and FITT. He exercised at Confederation Centre until Covid. He was a gentle man and well liked by his peers. He will be missed.



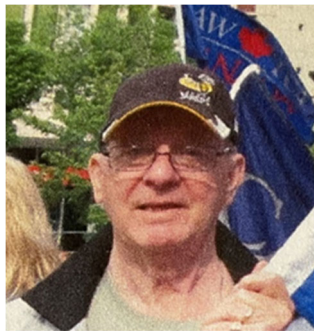
Don Cascon

June 28, 1936 to December 21, 2023

Sadly, Don passed away and will be missed by many.

As one of the founding directors of FITT Cardiac Association Don was fully involved in many aspects of FITT.

Unfortunately in his latter years he was unable to attend exercise classes or many of the events we had



Gordon Sheppard

July 4, 1939 to November 24, 2023

Gordon was a member of FITT and exercised at Champlain, He is fondly remembered amongst our group as the biggest fund raiser for Heart and Stroke on our Big Bike Team. He will be sadly missed by many.

When someone you love becomes a memory, the memory becomes a treasure.

Life is a song—sing it. Life is a game—play it. Life is a challenge—meet it. Life is a dream—realize it. Life is a sacrifice—offer it. Life is love—enjoy it.