

Step up to a *Healthier* you

ERRATA

1. On Page 3, the reference citation in the text should be Heart and Stroke Foundation, (2009) to the sentence below.

“The high prevalence of stroke may be attributed to maladaptive lifestyle behaviours, including smoking, physical inactivity, being overweight or obese, high blood pressure, poor nutrition and diabetes”

2. On page 3, the reference citation in the text should be Heart and Stroke Foundation, (n.d.) to the sentence below.

“It is fundamentally understood that the risk of developing cardiovascular disease, including stroke, increases with at least one of the aforementioned risk factors”

IN THE REFERENCE LIST

Heart and Stroke Foundation of Ontario (n.d.). *Stroke prevention*. Retrieved August 4, 2010 from http://www.heartandstroke.on.ca/atfj/cf/%7B33C6FA68-B56B-4760-ABC6-D85B2D02EE71%7D/Stroke_Prevention%5B1%5D.pdf.

SPECIAL THANKS

I would also like to thank the Stroke Prevention Advisory Committee for all of their support. I would particularly like to thank Coraine Wray, Public Health Dietitian, and Michele Crowley, Health Promoter, for their contributions to the *Step Up To a Healthier You* Program.

Visit the Step Up to a Healthier You Website at stepuptohealthieryou.com

Partial funding of the program was provided by the Ontario Ministry of Health Promotion.

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