

# February is Heart Health Month



And we're focusing on what really matters: understanding your heart, the factors that influence it, and the small shifts that can make a big difference over time.

Join us for an insightful 45-minute session with Andrea Natoli from the Heart Research Institute as she shares clear, research-informed guidance on heart health, stress, movement, and prevention, and why building awareness early is so important.

## Event Details

Webinar will cover areas such as:

- Information about the HRI
- Updates on the cutting Edge Research being done at the Heart Research Institute
- Key Risk Factors for Cardiovascular Disease
- The difference between a Heart Attack and a Cardiac Arrest
- What are the Warning Signs of Heart Attack?
- How you can care for your heart

**TUESDAY 10 February,**  
**12:00pm AEDT**



To register simply scan the QR code



[HeartMonth.eventbrite.com.au](https://HeartMonth.eventbrite.com.au)



## Meet the Speaker: Andrea Natoli, Heart Research Institute (HRI)

Andrea is Head of Gifts in Wills and Planned Giving at the Heart Research Institute, with a career spanning medical devices, pharmaceuticals, community nursing, aged care and the NDIS sector.

After a successful corporate career, she retrained as a lawyer and now works in the for-purpose space, supporting organisations dedicated to improving community health. Andrea is also a practising legal practitioner and a member of the Fundraising Institute of Australia.

## About the Heart Research Institute (HRI)

Founded in 1989, HRI is an internationally recognised medical research organisation dedicated to advancing cardiovascular science and improving heart health

For more wellbeing information  
Visit [fitnesspassport.com.au/info](https://fitnesspassport.com.au/info)

You can learn more about HRI and, if you'd like, support their research at [hri.org.au/donate](https://hri.org.au/donate)

