

Water

Dil Gala

SATURDAY NOVEMBER 18, 2017



DIL Walk
from our heart to yours

WELCOME FROM DILWALK FOUNDATION

The DIL Walk Foundation (DWF) is a volunteer run charity, and an acronym for Do It for Life (DIL). DWF focuses on Wellness, Access, Linkages and Knowledge. Since its inception, DIL Walk Foundation has touched the lives of over 25 000 people through educational activities, and has saved the health care system over \$10 million (this number is a rough estimate, based on the number of DIL Walk participants seen by specialists, GP's, Dentists, and Allied Health professionals, not billed to AHS, over the past 5 years).

DWF is committed to increasing the awareness of heart disease across the life continuum. With a focus starting on children, where prevention begins, to youth and into adulthood, the Foundation focuses on primary care prevention strategies to help individuals, lower their risk of heart disease.

Heart Disease is universal and affects everyone. DWF wants to help target people before they have a heart attack by providing access to resources (medical, community, print resources, testing and self-management) and teaching them about their risks for heart disease. To help achieve these goals, the DIL Walk Foundation has collaborated with the University of Calgary to focus its efforts on heart research, by establishing a Heart Research Chair. The Foundation also holds a number of events throughout the year, including the annual DIL Walk. At this free event, participants get a heart health screening, an opportunity to learn how to reduce their risk by meeting with a variety of health professionals, and take home valuable resources. This year, over 500 members of community were trained in CPR, at the annual DIL Walk. In addition, DWF supports health initiatives in youth, and works in partnership with organizations such as the Heart and Stroke Foundation to educate the public. In March 2015, the Foundation, in partnership with the Mosaic PCN, launched the DIL Walk Magazine - the only dual language health magazine in Canada.

The success of DIL Walk can be attributed to community partners and the individuals that volunteer their time and resources to help make it a reality. We would like to take this opportunity to say THANK YOU.

Thank you to each and everyone of you for helping to save lives, build capacity and helping to educate the community.

From our Heart to Yours...



Raman Kapoor BSc RD
President, DIL Walk Foundation







Premier of Alberta

Office of the Premier, 307 Legislature Building, Edmonton, Alberta T5K 2B6 Canada

Message from Honourable Rachel Notley Premier of Alberta

On behalf of the Government of Alberta, it is my pleasure to welcome you to the DIL Walk Foundation's DIL Gala.

Events like this wrap the support of an entire community around those diagnosed with heart disease. Your attendance at this gala shows your commitment to promoting heart-healthy lifestyle choices for a long and healthy life.

Your passion and dedication to improving the lives of Albertans affected by heart disease is appreciated. I know your care and support for them does not begin and end today.

Best wishes for a memorable and successful evening.

A handwritten signature in blue ink, appearing to read 'R Notley'.

Rachel Notley

November 18, 2017



ALBERTA
COMMUNITY AND SOCIAL SERVICES

Office of the Minister

**Message from Honourable Irfan Sabir
Minister of Community and Social Services**

On behalf of Premier Rachel Notley and my colleagues in Government of Alberta, it is my pleasure to congratulate DIL Walk on your upcoming DIL Gala, the Water fundraiser.

Our government is committed to supporting the health and wellbeing of all Albertans, and we sincerely value our community partners who are doing exceptional work to help Albertans take charge of their health. We applaud DIL Walk for spreading awareness about heart diseases and promoting healthy lifestyles not just for those in the South Asian community, but for all Albertans. The work you are doing through this fundraiser and all your other activities will make a difference in the lives of many people across our province.

Best wishes for a successful fundraiser, and with all your work. I look forward to working with you to make life better for Albertans.

A handwritten signature in black ink, appearing to read 'Irfan Sabir'.

Irfan Sabir

LEGISLATURE OFFICE:
601 Legislature Annex
9718 107 Street NW
Edmonton, AB T5K 1E4

Phone: 780-422-0315
Fax: 780-638-3506



CONSTITUENCY OFFICE:
Unit 215, 175 Chestermere Station Way
Chestermere, Alberta T1X 0G1

Phone: 403-207-9889
Fax 403-216-2225

LEGISLATIVE ASSEMBLY
ALBERTA

Leela Sharon Aheer, MLA
Chestermere-Rockyview

The power of prevention. This is the mandate and the vision of Dr. Anmol Kapoor and Raman Kapoor. This power couple, who run at the pace of a Ferrari, have touched thousands of lives through community outreach, education, lifestyle changes and leading by example. The South Asian community is at much higher risk of chronic heart disease than the general population and this is what lead to the DilWalk Foundation. **Do It for Life, Wellness, Access, Linkages, and Knowledge** spells DIL WALK. This foundation recognizes the community's greatest strength: the strong family relationships within it. This incredible duo advocate for prevention and understand that learning this in a safe and loving environment is the key to a more fulfilling, longer, and more productive life and also takes a huge burden off our health care system. I was proud to see Raman Kapoor receive the Difference Maker award at this year's Women Of Inspiration ceremony for her selfless advocacy and volunteerism, touching the lives of over 15,000 people through the DilWalk Foundation. In 2017 Dr Kapoor received yet another honour: the Entrepreneurship And Innovation award from Immigrant Services Calgary. Dr. Kapoor has helped, educated and supported thousands of people of all walks of life through his self-funded clinics and advocacy for heart health.

As a Member of the Legislative Assembly, the Kapoors are the type of people that inspire me, and I am so honoured and proud to know them and call them my friends. I have the privilege of meeting many people as a public servant and one of the blessings of my position is meeting incredible people who go "above and beyond" their positions in advocacy and outreach. The work they do every day to care for families and communities is inspirational. The free seminars and workshops are a testament to their kindness and generosity. The DIL WALK Foundation fosters that sense of community where there are fewer barriers to healthy living such as language and culture. This allows for important conversations to start, and for advocacy to begin. We are so fortunate to have both Dr. Anmol Kapoor and Raman Kapoor at the head of this parade, leading the charge towards healthier hearts and caring communities. They are pillars of the South Asian community and great Canadians.

Your presence at this year's Gala shows that you share their vision of a healthier future for all and I applaud you.

A handwritten signature in black ink, appearing to read 'Leela Sharon Aheer'.

Leela Sharon Aheer, MLA



LEGISLATIVE ASSEMBLY
ALBERTA

Jamie Kleinsteuber, MLA

CALGARY - Northern Hills

On behalf of Premier Rachel Notley and my colleagues in the Government of Alberta, I would like to bring greetings and congratulate the DIL Walk Foundation on their 4th Annual Gala fundraiser.

Our government is committed to supporting preventative health initiatives, and promoting healthier lifestyles. I would like to recognize and applaud DIL Walk's community outreach using a 'Do it for Life' approach.

On many occasions, I have seen DIL Walk's devotion to supporting the health and well-being of Calgary-Northern Hills constituents, and specifically, vulnerable populations such as minorities and women.

Last year, I was personally able to attend the Health Fair and CPR demonstration at the Genesis Centre. Here, I witnessed more than 500 people participate in an event bringing CPR awareness to the community. As many as 120 volunteers provided live demonstrations and training to help people understand how to perform CPR in case of an emergency.

I look forward to seeing DIL Walk's continued success. Best wishes for a successful fundraiser and future health promotion.

Sincerely,



JAMIE KLEINSTEUBER
Jamie Kleinsteuber, MLA
Calgary-Northern Hills



General inquiries - 780 414 1124
Media inquiries - 403 975 4777

@ABLiberal

Alberta Liberal Party

P.O. Box 1448 Edmonton Main
Edmonton, AB T5J 2N5
office@albertaliberal.com
www.albertaliberal.com


It is my great pleasure to send greetings on behalf of the Liberal Party of Alberta to the DIL Walk Foundation. I congratulate you on your ongoing successes and contributions to the good health of the South Asian community. Your first-step campaign is truly inspiring.

The heart research, education, and the encouragement to get people involved and active stemming from Do It for Life activities and publications does so much good. Calgary is lucky to be home to such a dedicated group as DIL Walk.

I am sure DIL Gala 2017 will be a great success.

Sincerely,

David Khan,
Leader, Liberal Party of Alberta.

A man in a red shirt is seen from the back, holding a smartphone to take a photo of a large crowd of people. The crowd is blurred in the background, suggesting a large gathering or event. The man's profile is visible on the left side of the image.

The Faculty of Nursing and the DIL Walk Foundation created the Guru Nanak Dev Ji DIL (Heart) Research Chair to benefit the study of cardiovascular health in the South Asian population. As chairholder, cardiovascular nurse scientist Kathryn King-Shier will lead research into heart health for this community, who are at greater risk of heart disease than the general population. King-Shier has been working with ethnic communities in Calgary and across the country for more than 12 years in cardiovascular disease symptoms, access to care and prevention activities. As a University of Calgary professor and member of the Libin Cardiovascular Institute of Alberta and the O'Brien Institute for Public Health, King-Shier's multi-methods approach enables her to examine health issues from a variety of perspectives.

DIL Walk Foundation, has to date, donated a total of \$250 000. The research will help us understand what the best way to get information to people, that are from South Asian backgrounds. Also, to help reduce their risk of heart disease, and save lives. South Asians include individuals from India, Pakistan, Bangladesh, Sri Lanka, Nepal, and others.

Partnering with the University of Calgary allows a dedicated team to focus their efforts on lowering the burden of heart disease in the South Asian community in Canada.

Since its inception, the Guru Nanak Dev Ji DIL Research Chair has been analyzing data from a 5-year study (White, South Asian, Chinese) who have had heart pain (angina) or heart attack. The goal of the research is determine what, if any, differences exist between men and women and between these ethnic groups, in the symptoms they experience, or how they receive pre-hospital and hospital care. People were enrolled in this study from 12 hospitals in Canada as well as a hospital in India (Kolkata) and China (Changchun).

To prepare for the potential public health messages that will come from this important work, we are conducting an extensive review of the medical literature and conducting focus groups with people from the South Asian and Chinese communities to understand how people like to receive health information. We also plan to test effective ways of providing heart health information.

Findings from studies continue to be published in medical and nursing journals, with the goal to take study results to the community. The chair is a \$1-million five-year commitment with both DIL Walk and the University of Calgary contributing equally.

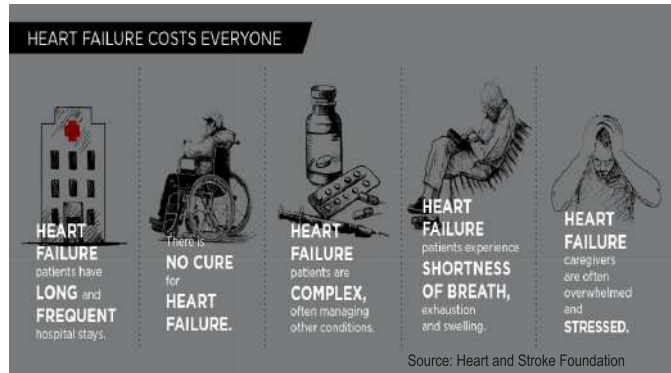
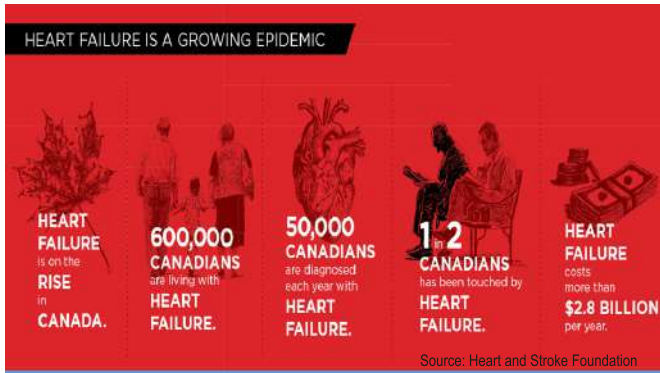
Thank you to all of you for your ongoing support and commitment to helping the community.

GURU NANAK DEV JI DIL RESEARCH CHAIR



Honourable Deputy Premier and Alberta Health Minister Sarah Hoffman and Honourable Minister Irfan Sabir visited the CHARM Clinic on April 27, 2017. They came to understand the impact of congestive heart failure on Albertans and how re-hospitalizations can be reduced. Dr. Anmol S. Kapoor, Cardiologist, welcomed them and presented data from the Charm Clinic. The innovative work done by the clinic (which is run on a charitable basis) was greatly appreciated.

WHY CONGESTIVE HEART FAILURE?



The CHARM clinic is physician directed, however the patient care is managed by Nurses. The Heart Failure team consists of a Cardiologist/Heart Failure Specialist, Internal Medicine Specialist, Family Physicians, Heart Function Nurse, Respiratory Therapist, Echocardiogram and Stress Test Technicians. CHARM clinic is located in Northeast Calgary, which has a high number of visible minorities, with many having English as their second language. With easy access to Calgary Lab Services, CTRAIN/bus route, and free parking, CHARM Clinic provides services to the surrounding township of Chestermere, Strathmore, and Airdrie. The total number of family physicians that the clinic serves is over 200, with a service area of over 400 000.

CHARM Clinic

Alberta's ONLY community based, outpatient clinic - run on a charitable basis with support and donations from DIL WALK foundation and ACCD.

CHARM Clinic Demographics

Category	Value
Total # of HF patients	119
Avg. age	67.4
# of males	113
# of females	6

Nurse-run clinic which is educating and empowering patients about self management. Helping reduce hospitalization, QoL.

A large number of patients at CHARM clinic are from ethnic minority backgrounds.

At present, when a family physician suspects HF, they refer the patient to a Heart Failure specialist. The appointment with the Specialist can take up to 6 months. In this time, the patient's condition can worsen, and the patient may end up in hospital. There are many heart failure patients that live in the community, however they do not have access to heart failure clinics (often located in hospital). These patients rely on their family doctors and intermittent care by their Cardiologists. When their condition worsens, (i.e. develop symptoms of shortness of breath or worsening heart failure) they present themselves to emergency rooms, often leading to an admission, which costs the healthcare system and at the same time, it negatively impacts their survival.

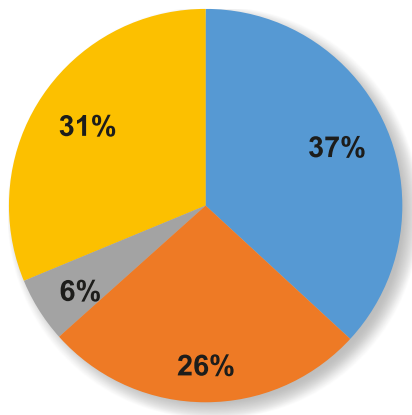
Cost of HF Hospitalization in Alberta

- If admission rates increased by 1.4% annually, in 2017 we would have over 5545 hospitalizations with each hospital stay costing over \$12 000. This alone would cost Alberta Health over \$67 million
- This doesn't include inpatient/Outpatient Physician and Medication Cost.
 - Need to add 30% for patients that are younger than 65 years of age
 - ICU stay would be more expensive

Slide 4: The Cost of Hospitalizations in Alberta.

Patients that are diagnosed with CHF, often have other co-morbidities, which impact their health, well being and quality of life. Below is a chart showing what other conditions patients of the CHARM clinic present with





This is a pie chart showing co-morbidities in CHF patients at the CHARM Clinic

- 26% Diabetes
 - 31% Coronary Artery Disease
 - 6% COPD
 - 37% High Blood Pressure
- High BP
 ■ Diabetes
 ■ COPD
 ■ CAD

Since January 2016, data conclusively shows that 88 hospitalizations were prevented through the intervention of the CHARM Clinic.

CHARM Clinic Goal & Impact

- To help keep patients in the community and out of the hospital → reduces healthcare costs
- To provide assistance with self-management, patient education and optimize medications → Improves patient outcomes and survival

Hospitalizations Prevented by CHARM Clinic (Jan 2016-Feb 2017)	88
Avg. Patient Hospitalization Cost ¹	\$11,000 (\$12,141 for 2017 year)
Hospitalization Cost Saved (Jan 2016-April 2017) : Not included Phys/Med costs	\$1,068,408
Expenses of CHARM clinic vs Money saved ratio (approx.)	1:10
Total HF cost in Alberta ²	\$772 million/ year
% HF Healthcare Cost Saved (Jan 2016-Feb 2017)	0.14%

1. Tran DT, Chinmaa A, Thanh NX, Howlett JG, Ezekowitz JA, McAlister FA, Kaul P. The current and future financial burden of hospital admissions for heart failure in Canada: a cost analysis. *CMAJ Open*. 2016 Jul 21;4(3):E365-E370.

2. Kaul P, McAlister F, Ezekowitz J, Bakal J, Quan H, Fassbender K, Knudtson M, Armstrong PW. The evolving economic burden of heart failure in Alberta. *Circulation* 2010;122:A13165.

Slide 6: The impact of the CHARM Clinic. These numbers do not include physician visits, medications or ICU stays.

CHARM Clinic Funding

- Working at a bare minimum on a charitable basis without any funding.
- Supported by proceeds raised from donations and DILWalk fundraising events.
- Patient numbers are expecting to increase to over 1000 in 2 years.

Donations and DIL Walk fund raising events, help to support the CHARM clinic. If you are interested to make a donation, please visit www.dilwalk.ca. All donations will receive a income tax receipt. Also, please do talk to your MLAs and MPs and help us give a helping hand to heart failure patients.



CHARM CLINIC

The CHARM (Community Heart Failure Assessment, Rehabilitation and Management) clinic at Advanced Cardiology Consultants and Diagnostics (ACCD) is Alberta's ONLY community based, outpatient clinic. The clinic is run on a charitable basis with the support and donations from the DIL Walk Foundation and ACCD.

SPRUCE MEADOWS' CP GRAND PRIX RAISES \$50,000 FOR DILWALK FOUNDATION

Canadian Pacific is proud to announce that the CP Grand Prix, part of the Spruce Meadows Continental weekend, raised \$50,000 for the Do It for Life "DIL" Walk Foundation's (DWF) Community Heart failure Assessment, Rehabilitation and Management (CHARM) Clinic.

CP would also like to congratulate Sameh El Dahan and Sumas Zorro on winning the CP Grand Prix and contributing two clear rounds for \$20,000 of the \$40,000 total towards CP's Clear Rounds for Heart initiative. CP donated \$10,000 for each clear round (including time faults) during regular competition and during the jump off. Other contributions to the total include \$10,000 from CP's employee Father's Day event. Since its inception in 2014, CP Has Heart at Spruce Meadows has raised more than \$675,000 for heart health research and care.

"It was a great day to support our CP Has Heart initiative and celebrate Father's Day with our valued employees and their families," said Keith Creel, CP's President and Chief Executive Officer. "We are proud to partner with the DIL Walk Foundation and thanks to the

efforts of Sameh El Dahan and Sumas Zorro and the other competitors, we were able to make another significant donation in the Calgary area."

The \$50,000 will support operation of the DIL Walk Foundation's CHARM Clinic. Patients diagnosed with heart failure often have other conditions impacting their health and lengthy wait times to see a specialist can result in worsening of a manageable heart condition. CHARM Clinic patients receive immediate assistance and education, including how to make important changes to their lifestyle and optimizing medication use.

"For each dollar CP Has Heart invests into community heart failure management, it ends up saving 15 health care dollars," said Raman Kapoor, DIL Walk Foundation President. "Donations from the CP Grand Prix will help the CHARM Clinic to reduce hospitalizations, and improve the quality of life of heart failure patients in Calgary."

In 2016, the CHARM Clinic prevented 88 hospitalizations of heart failure patients, saving Alberta Health Services over \$1 million.



CANADIAN PACIFIC

Canadian Pacific is a transcontinental railway in Canada and the United States with direct links to eight major ports, including Vancouver and Montreal, providing North American customers a competitive rail service with access to key markets in every corner of the globe. CP is growing with its customers, offering a suite of freight transportation services, logistics solutions and supply chain expertise. Visit cpr.ca to see the rail advantages of CP.

CP HAS HEART

At CP, we know that a railroad may serve as the arteries of a nation, but at its heart is community. That's why, through CP Has Heart, we've already committed more than \$10 million to help improve the heart health of men, women and children across North America. And along the way, we're showing heart whenever we can. Find out more on www.cpr.ca or @CPHasHeart.

DIL WALK FOUNDATION

The DIL Walk Foundation (DWF) is a volunteer run charity, and an acronym for Do It for Life (DIL). DWF focuses on Wellness, Access, Linkages and Knowledge. Since its inception, DIL Walk Foundation has touched the lives of over 25,000 people through educational activities, and has saved the health care system over \$10 million. DWF is committed to increasing the awareness of heart disease across the life continuum. With a focus starting on children, where prevention begins, to youth and into adulthood, the Foundation focuses on primary care prevention strategies to help individuals, lower their risk of heart disease.

QARDIYO

What is the QardiyoHF App?

The current system is built on silos and broken connections. Patients with chronic conditions are left to manage their condition without support, leading to early and unnecessary decline in health status. Too often patients end up in the emergency department and hospital, and these visits are avoidable. Health providers serving patients with chronic conditions, such as Heart Failure, currently require regular clinic visits for monitoring. However, with QardiyoHF, patients can connect at anytime from anywhere, and visits are focused on clinical need. The use of QardiyoHF saves patients, providers and the health system time and resources, while building the relationship between patients and their provider team.

The QardiyoHF app solves the communication problem between patients and their providers. Providing the ability for patients to connect securely with their health provider team to support their chronic condition, starting with Congestive Heart Failure, this app brings confidence and comfort to patients. The health team interacts daily with each patient, and can provide the right information at the right time.

QardiyoHF puts the power of care management into the hands of the patient. QardiyoHF is multi-lingual, mobile, and allows patients to see their own health trends, putting the power back in the hands of patients and their families. By providing patients with the right information, QardiyoHF enables patients to be informed and activated to make daily health decisions. Health teams use QardiyoHF to assess all patients daily, thereby being pro-active and prepared to provide the best possible care.



FEATURES

Key features



CLINIC SUPPORT

Chat directly with your nurse through the app. Book appointments, request a follow up, or ask a question.



PULSE MONITOR

The Qardiyo in-app pulse checker logs daily measurements.



QUESTIONNAIRE

A completely customized questionnaire that engages patients based on how they feel.



HISTORY

All measurements are logged for easy reference and can be viewed by your doctor and clinic support team.



GURPREET SARIN

Gurpreet Sarin is the definition of a 'people's person'. His biggest passion is connecting with people and often claims that he can become best friends with someone on a bus ride from New York to Washington DC.

He made a name for himself on the national stage as an American Idol Top-40 Semifinalist, opening doors for American Sikhs interested in music and performance. He delighted superstar musician and American Idol judge, Nicki Minaj, when he said he owned a marigold turban that would match her hair color.

In addition to working as a consultant, Gurpreet is pursuing his passion for singing, acting, hosting, commercial-print modeling, and entertainment as a freelance performance artist. He's had the pleasure of performing internationally at various events: Film Festivals, Music Festivals, NBA games, Dance Competitions, and Weddings. Most recently, Gurpreet was nominated for 'Best Performance in a Play' for his role as Baba Mati Singh in the production of "The Fabulous Lipitones".

JENN BEAUPRE

Jenn Beaupre is an award-winning performer and songwriter based in Calgary, Alberta. Her vocal style is bold, agile and eclectic- think Adele meets Alicia Keys with a splash of Bette Midler; that, combined with her piano prowess Jenn is a memorable performer.

During her career, she has appeared on Canadian Idol, Stampede City Sessions (airing on Shaw TV), and the CTV2 documentary, "Chasing the Dream". Jenn has performed at Alberta House at the Vancouver Olympics, opened for the Moscow Ballet on their Canadian Tour, won Calgary Stampede's Youth Talent Search and sang the anthem at several NHL games. Jenn also performed at a St. Jude's fundraiser concert in California hosted by Robbie Krieger (of "the Doors"), as well as Kelly Hruday's Charity Golf Tournament in Invermere, Alberta.

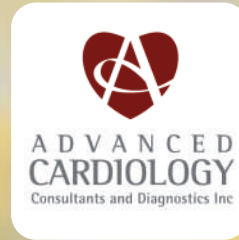
Whether she's behind a piano or in front of a camera, Jenn's performances forge a strong connection with her audience. Loyal fans help Jenn fill small to midsize venues, and the videos on her popular YouTube channel have received thousands of enthusiastic comments. Jenn loves performing solo at the piano, duo, or with a big ol' band who brings Jenn's original music to life.

Along the way, her unique style, along with her charisma and energy, has garnered substantial praise. Recently, this style drew attention from Cirque du Soleil.

Canadian Idol judge, Sass Jordan, said, "I love Jenn Beaupre -- what a firecracker!"



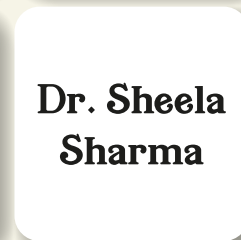
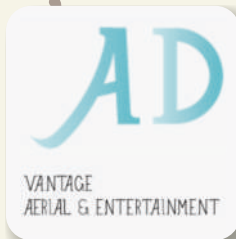
Thank you





Thank you

for participating in **DIL Walk Foundation's 4th Annual Gala - Water.**
Your incredible Performances, Entertainment, Designing and Music make the Evening most memorable.



ALL SILENT AUCTION SPONSORS

Accentric Hair Salon
Adjust Your Health
AlyKhan Velji Designs
Anytime Fitness
Banff Springs Hotel
Bhatia Cloth House
Birinder and Tajinder Madan
Bondars
Burberry Chinook
Calgary Flames
Chateau Lake Louise
Chinook Liquor
Cityfit Professional Training
CK Photography
Cook Custom Homes
Creative Edge Flowers
Cross Iron Mills
Custom Jewellery- Meera
Dhillon Lighting
Dr. Pooja and Dr. Wequar Ahmad
Dr. Sheela Sharma
Eyelectic Eyewear
Fashion Calgary
Ferrari Maserati of Alberta

Flying Squirrel
Genesis Center
Gerard Sinanan
Goodlife
Hillberg & Berk
Hot Yoga on Crowfoot
Institute of Skin Advancement
Jaguar Land Rover Calgary
Karl and Cindy Herzog
Kohinoor Jewellers
Kuldeep Nahal, Estateview
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Lone Star Mercedes
Maharaja Restaurant
MasterMind Toys
Matt Keleman Yoga Co
MediStar
Michael Klassen #90 - Calgary Stampeders
Minhas breweries.
Mobile Solutions of Calgary Inc.
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Platinum Consulting

Pooja Fashions
Ramona Remesat
Ranchlands Dental Clinic
Ravinder Ghotra
Red Deer Orthodontics
Rocky Mountain Soap Co.
Rumble House
Salma Jadavji
Sasquatch Art & Display Inc
Scarlet Edge Esthetics and Nails
Sheraton Eau Claire
Shoppers Drug Mart - Creekside
Starbucks - Panorama Hills
Storybook Theatre
Tamarind Restaurant
Tanner Estate Advisory Group, BMO Wealth Management
Theatre Calgary
Tommy Hilfiger
Traveller's World
Vivo
Westwinds Superstore
Winsport
Dr. Anmol and Dr. Raman Kapoor



Pooja Ahmad
Dental Surgeon

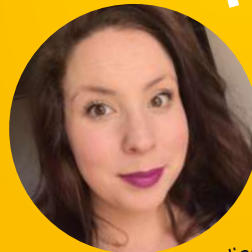
This is my first year being part of DILWALK foundation. I met Raman & Anmol Kapoor at one of many hypercar events and have been great friends ever since. I was astonished by their allegiance & perseverance to promote awareness about heart disease within the community. Heart Disease being one of the leading cause of death in Canada is highly prevalent in south Asian communities. The risk of heart disease can be reduced and prevented by modifying risk factors and making lifestyle changes. DILWALK Foundation is relentlessly educating and creating awareness within the community with strong emphasis on prevention. I am gratified to be part of this foundation charity and being an active member is one of the great ways of giving back to the community. It's been an absolute pleasure to work with awesome committee members for such a wonderful cause.



Christie Lee Wilson
Investors Group Insurance Services

This is my third year being a part of DILWalk's amazing foundation and event. Every time, I am blown away by the Kapoor's ability to raise awareness, gather people for a great cause and entertain. We live in an era where posting a picture of eating clean, backpacking, or going on an adventure is actually cool. We live in a city with an overflow of amenities (hiking, skiing, walking trails, snowboarding, snowshoeing, cycling). We are so lucky to have these healers at our fingertips here in Calgary! I truly believe that having a healthy heart isn't about being fit, but that it allows you to be the best version of yourself. Full of confidence, movement, family activity and most of all tons of fun!! "I love this foundation because it promotes saying yes to the best life you can lead".

committee members



Jenn Delarue
Committee Member

After my father was diagnosed with CHF and admitted into the CHARM clinic, I felt strongly that I needed to give back to show my appreciation. DILWALK and the CHARM clinic have touched my life and those of my entire family by teaching us the skills to cope with CHF. I hope to continue building this great foundation so it can reach the lives of many others.



Taran Kainth
Committee Member

The DIL WALK foundation is an integral organization in the South Asian Community. I am honored to have had the opportunity to volunteer for the organization. I am a second-year University of Calgary student who is actively involved within the community. I am very altruistic and therefore always seeking non-profits doing great work for local communities. I have been involved with the foundation for four years now and have first-hand seen its positive impact in promoting change. Heart disease is such a prevalent issue within the South Asian community. Despite the prevalence, there is a significant lack of education surrounding it in the South Asian Community, especially with elders. Therefore, the DIL Walk Foundation's efforts to foster awareness and educate the community are imperative. By being a part of the foundation, I have also fostered change in my own habits to lead a healthy lifestyle. I would like to see the foundation continue to grow and reach new heights. It has been a privilege to be a part of the remarkable committee that worked to put the DIL WALK Water Gala 2017 together. Thank you to everyone who has joined us on this great night to support the efforts of this great foundation



MRIDUL BURGI
Committee Member

I have been involved with the DILWalk Foundation gala planning committee for the last 2 years. It has been a fun and rewarding experience. I wish the foundation great success in the future.

SOUTH ASIAN HEALTH EVENT

On Saturday, October 14, 2017 the DIL Walk Foundation hosted a continuing medical event, Heart Disease: A South Asian Perspective at the Fairmont Palliser Hotel. With close to 100 physicians and allied health professionals in attendance, the objectives of "Heart Health: A South Asian Perspective" CME were discussed. The objectives were to:

1. Recognize, evaluate, and treat patients with and at risk of coronary artery disease
2. Examine the increasing problem of heart disease and diabetes in the South Asian population
3. Identify ways to risk stratify and treat patients with heart disease
4. Describe how socioeconomic barriers and epigenetics play a role in the development of heart disease
5. Apply evidence-based treatment strategies to treat complex patients with heart disease, including those with multiple co-morbid conditions, increase participants' knowledge of recent developments in the treatment and management of difficult cases, and implementation of newly gained knowledge into clinical practice.

The South Asian Canadians are at 3-5 times higher risk of developing heart disease than any other population. We are very pleased to have a number of incredible speakers this year, bringing their expertise from across Canada. They have been working in the field of cardiovascular health and having them share their experiences with us is much appreciated. We were honored to bring this unique learning opportunity to Calgary.



A town hall style discussion on diabetes. Community members attended at the Genesis Facility and had the chance to learn the truth behind diabetes from Dr. Hapreet Bajaj (Endocrinologist) from Toronto, Dr. Anmol Kapoor (Cardiologist/Moderator), and Raman Kapoor (Registered Dietitian). What works and what does not? Are you at risk of diabetes? What can you start doing now? With amazing guest speakers and light refreshments we had a close to 200 people in attendance. Thank you to all the volunteers, speakers and participants for their involvement.



**DOES
SUGAR
CAUSE
DIABETES**

THANK YOU

“I feel the capacity to care is the thing which gives life its deepest significance”

-Pablo Casals



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LET'S BEAT DIABETES

WARNING

**REGULAR DOSES OF BHANGRA MAY
HELP REDUCE YOUR RISK OF DIABETES.**

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DIL Walk
from our heart to yours

