

# QUICKNEWS

## Events galore for National Heart Week

THE 37th annual National Heart Week kicks off tomorrow, featuring a fair at the Jurong East Interchange.

The week, organised by the Singapore Heart Foundation, will include a slew of events across the island designed to raise awareness about heart disease.

Health officials hope to encourage Singaporeans to exercise, watch what they eat and take care of their tickers.

In Singapore, heart disease and stroke are the leading causes of death among both men and women.