**Favorite on-line resources**

**Resources on Cardiovascular Risk Factors**

<https://www.diabetes.ca/>

<https://hypertension.ca/>

<https://www.quitnow.ca/>

<https://www.healtheuniversity.ca/EN/CardiacCollege>

<http://pwc.ottawaheart.ca/education/heart-health-education/risk-factors>

**Resources on how the heart works**

<https://www.youtube.com/watch?v=oHMmtqKgs50>

<https://www.heartandstroke.ca/heart>

<http://heartcentre.ca/services/heart-rhythm-services>

**Resources on Stress Management**

<https://psychhealthandsafety.org/pcwhc/>

<https://www.anxietycanada.com/covid-19/>

<https://crisiscentre.bc.ca/>

<https://bouncebackbc.ca/>

<https://online.bouncebackonline.ca/>

**Resources on COVID-19**

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>