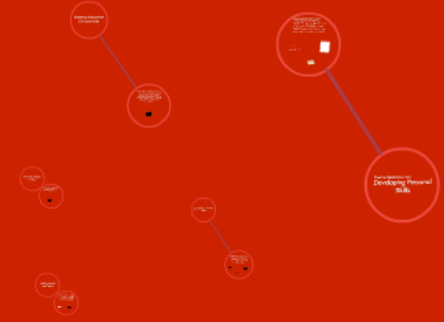


Parkview Foundation



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The Heart Foundation relies on Ottawa charter to create awareness and to reduce individual's susceptibility to one of Australia's leading hypokinetic diseases - Cardiovascular Disease (CVD) and hypertension.

Parkview Foundation



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"The Heart Foundation is a charity dedicated to fighting the single biggest killer of Australians – heart disease. For over 50 years, we've led the battle to save lives and improve the heart health of all Australians. Our sights are set on a world where people don't suffer or die prematurely because of heart disease."

(Heart Foundation Australia)

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Ottawa Charter

Ottawa charter is the first international conference that was held in 1986, Canada. The conference was appealed to discuss and aim to improve the general health standards for the year 2000 and beyond. The Ottawa Charter relies on the five action areas of health and is complimented with health promotion to provide awareness.



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***Developing Personal
Skills***

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Developing personal skills helps individuals to develop abilities, social and personal skills so that they can learn to modify and make healthy and positive choices conducive to health.

Heart Foundation Ad

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