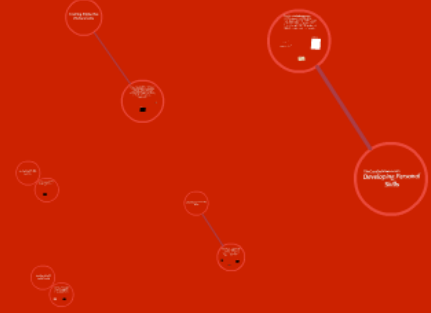


The Robin Hood Foundation



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

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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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