

Heart and Stroke Workshops

Alberta Healthy Living Program



Heart and Stroke 2-Part Education

Gain the knowledge and confidence to make decisions about your heart health and reduce the risk of heart disease and stroke.

Heart & Stroke Overview & Prevention – Registered Nurse

- Managing blood pressure and cholesterol levels to reduce your risk of heart disease.
- How medications and exercise help you achieve the best results.

Nutrition for Heart Health – Registered Dietitian

- How to make healthier food choices to reduce the risk of a stroke or heart event
- How salt affects your blood pressure
- How your diet can change your cholesterol levels.



October 14 & 21	Wednesday Afternoon	1:30-4:00pm
November 19 & 26	Thursday Evening	5:30-8:00pm
December 8 & 15	Tuesday Morning	9:30am-12:00pm

For dates and to register:

1-877-349-5711

www.healthylivingprogram.ca



**Primary Care
Alberta**