

Heart Wise:

Managing Blood Pressure and Cholesterol

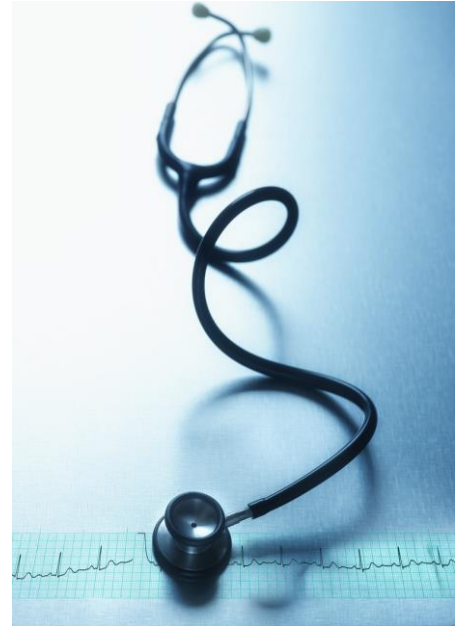
Free educational workshop

Who is this workshop for?

- People at risk for heart disease
- People diagnosed with high blood pressure and/or high cholesterol

In this workshop you will learn:

- What is blood pressure and cholesterol
- Lifestyle and nutrition choices that may affect your heart health
- Create an action plan to improve your heart health



Participants will receive a workbook for future reference

Workshop Information:

Location: Vermilion Health Centre -5720 50 Ave - Telehealth Room (video conference session)

Date: November 1, 2016 (5:00 pm – 8:00 pm) **OR**
December 6, 2016 (9:30 am – 12:30 pm)

Registration is required as date and time are subject to change.

**For more information and to register, please call the
Alberta Healthy Living Program Central Zone at 1-877-314-6997**