

HEART HEALTH SERIES



HEART HEALTH ESSENTIALS (Class 1)

Do you have:
High blood pressure?
High cholesterol?
Heart disease?
Prediabetes or Type 2 Diabetes?
A family history of heart disease?

Learn about what heart disease is, what you can do to decrease your risk, and how to make and reach health goals.

EATING FOR HEALTH (Class 2)

Learn how to make healthy food choices and understand more about fats, processed foods, salt and fiber.

Learn about simple changes you can make to improve your nutrition.

Learn how to set realistic goals to improve your eating habits.



HEART HEALTH ESSENTIALS

Date: October 11, 2018

Time: 6:30 to 8:30pm

EATING FOR HEALTH

Date: October 18, 2018

Time: 6:30 to 8:30pm

Location:

**Youville Centre
(6-845 Dakota Street)**

Call (204) 255-4840 to register