

Alberta Healthy Living Program



Heart Wise: Managing Blood Pressure and Cholesterol

Free educational workshop for anyone with high blood pressure and/or cholesterol who would like to learn how to lower them.

Participants will learn:

- What blood pressure and cholesterol are
- Nutrition and life choices that may affect blood pressure and cholesterol
- How to create an action plan to improve your heart health

Dates and times:

**Monday November 5th AND 19th,
2018 at 5:00 pm – 8:00 pm**

**Location: Vermilion Health Centre
(Telehealth room) 5720 50 Avenue**



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

Please call the Alberta Healthy Living Program Central Zone: 1-877-314-6997

