



Flavour Maxing - Low Salt Edition

Managing high blood pressure, heart disease, kidney disease, or simply trying to eat healthier? Join dietitians to learn practical tips for reducing salt and using ingredients that add flavour naturally. (1 hour)

Registration: <https://redcap.link/FlavourMaxing>

Location: Live online* (Zoom®)
Or in-person** at South Health Campus

*Live online classes are open to all Albertans. **Note: space is limited for in-person classes.



More info: www.ahs.ca/shcwellnesskitchen
(click on Program Guide)
403-956-3939 or wellness.shc@ahs.ca