

Heart Healthy Eating Cantonese 廣東話

What can I expect to learn?

Learn about nutrition and heart health from a Dietitian. The information discussed includes:

- Heart healthy foods that also improve cholesterol, blood pressure and triglycerides
- Mediterranean-style eating
- Nutrition hot topics related to heart health

How many classes are there?

One class for 2 hours

How is this class being offered?

Over Zoom and by phone

Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code with your phone, scroll to page 13 and click on the class title;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); **or**
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

