

# Heart Healthy Eating Punjabi (ਪੰਜਾਬੀ)

## 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;
- [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](#).

