

Cardiac Rehab Education



This comprehensive program is for anyone who has had a heart event, surgery, a procedure or has been referred to a Cardiac Rehab program. It is facilitated by a Health Educator and a Registered Dietitian.

In this 4-part program, you will learn how to manage heart health, including the role of:

- Physical Activity and how to progress safely & self-monitor while waiting for Cardiac Rehab
- Nutrition for heart health including practical tips for healthy eating
- Lifestyle, medications, stress, and sleep management tools to help reduce the risk of future heart complications

Class Type	Date	Time	How to Register
Online	Tuesdays, January 6, 13, 20 & 27	9:00 a.m. – 10:00 a.m.	Register Online or Call 1-877-314-6997 Hosted by Central Zone <i>*More dates may be available by calling or registering online</i>
	Mondays, January 19, 26, February 2 & 9	1:00 p.m. – 2:00 p.m.	
	Thursdays, February 5, 12, 19 & 26	5:30 p.m. – 6:30 p.m.	
	Wednesdays, February 18, 25, March 4 & 11	12:00 p.m. – 1:00 p.m.	
	Wednesdays, March 18, 25, April 1 & 8	5:30 p.m. – 6:30 p.m.	

Note:

If you haven't had a heart event but are concerned about your heart health, check out our 1-hour classes:

- [Eating to Improve Blood Pressure](#)
- [Eating to Improve Cholesterol and Triglycerides](#)

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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