



# Eating to Improve Blood Pressure

This class is for anyone with high blood pressure or those or those who would like to learn how nutrition can improve their blood pressure.

| Class Type | Date             | Time                   | How to Register   |
|------------|------------------|------------------------|---|
| Online     | Monday, May 5    | 12:00 p.m. – 1:00 p.m. | <a href="#">Register Online</a><br>or Call 1-877-314-6997<br>Hosted by Central Zone |
|            | Thursday, June 5 | 6:00 p.m. – 7:00 p.m.  | <i>*More dates may be available<br/>by calling or registering online</i>            |

**Note:** This class does not talk about the Mediterranean-style of eating. To learn more about the Mediterranean-style of eating, join our [Heart Healthy Eating](#) class.

The 4-part [Heart Wise](#) workshop is for those interested in all areas of heart health management (i.e. physical activity, stress, sleep, nutrition) or who is at risk of developing heart disease.

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.

