

# Heart Wise

## What can I expect to learn?

- What blood pressure and cholesterol are
- Various life and nutrition choices that may affect your heart health
- How to create a plan to improve your levels

## How many classes are there?

- 2 classes for 2 hours and 30 minutes each

## How is this class being offered?

- Over Zoom

## 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?

- Phone toll free 1-877-314-6997 or click here to view our online [class schedule](#)