



Heart Healthy Eating

Learn how to protect heart health and enjoy healthy eating from a Dietitian. These classes talk about:

- Foods to improve cholesterol, blood pressure and triglycerides
- The Mediterranean-style of eating
- Nutrition hot topics related to heart health

Class Type	Date	Time	How to Register
1 x 1-hour class	Wednesday, April 10	1:30 p.m. – 2:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Friday, May 10 (Phone class)	9:00 a.m. – 10:00 a.m.	
	Friday, June 14	2:00 p.m. – 3:00 p.m.	
1 x 1.5-hour class	Friday, April 5	10:00 a.m. – 11:30 a.m.	Call 1-866-506-6654 Or 1-866-795-9709 Hosted by South Zone
	Wednesday, April 17	1:00 p.m. – 2:30 p.m.	
	Friday, May 3	10:00 a.m. – 11:30 a.m.	
	Wednesday, April 17	1:30 p.m. – 3:00 p.m.	Register online Or call 1-877-349-5711 Hosted by North Zone
	Thursday, May 2	5:30 p.m. – 7:00 p.m.	
	Wednesday, May 22	9:30 a.m. – 11:00 a.m.	

Note: There are classes specific to [Eating to Improve Blood Pressure](#) and [Eating to Improve Cholesterol and Triglycerides](#) that do not cover the Mediterranean-style of eating.

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.



Alberta Healthy Living Program