

Heart and Stroke Education

What can I expect to learn?

- What blood pressure and cholesterol are
- What someone can do to minimize their risks or prevent heart disease or stroke

How many parts are there to this class?

- 1 session for 2 hours and 30 minutes

How is this class being offered?

- This class is currently being offered in all communities virtually through Zoom.

Who can register for this class?

- Adults and/or their caregivers living anywhere in Alberta

How can I register for this class?

- Phone us at 1-877-349-5711 or visit our [website](#) to view our class schedule or register.

This class is for anyone with high blood pressure and/or cholesterol and would like to learn how to lower it.