

Healthy Eating for Managing Heart & Stroke

What can I expect to learn?

- What affects your blood pressure and cholesterol levels and what you can do about it
- How life and nutrition choices may affect blood pressure and cholesterol

How many classes are there?

- 1 class for 2 hours and 30 minutes

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 1-877-349-5711 or visit our [website](#) to view our class schedule and register