

Heart CHEC



These classes are for anyone who has or wants to learn, how to decrease the risk of developing heart disease.

- **Part 1:** For those who are living with heart disease and would like to learn more about it.
 - What is coronary artery disease?
 - Signs and symptoms
 - Medications
 - Management options
- **Part 2:** Education and support to better manage current or lower the risk of heart disease.
 - Blood Pressure
 - Cholesterol
 - Risk Reduction
 - Exercise with heart disease

	Date	Time	Location	How to Register	
In Person 2 X 1.5-hour classes	Apr 9 & 16	1:00 pm – 2:30pm	Medicine Hat	1-866-506-6654 (Lethbridge or rural)	
	May 5 & 12				
	June 9 & 16				
	Apr 16 & 23	1:00 pm – 2:30pm	Brooks		1-866-795-9709 (Brooks, Medicine Hat, and rural area)
	May 15 & 22	10:30 pm -12:00pm			
	June 18 & 25	1:00 pm –2:30pm			
In Person/ Zoom Hybrid 2 X 1.5-hour classes	April 17 & 24	9:00am – 10:30am	Lethbridge/Virtual	Hosted by South Zone	
	May 6 & 13	1:00 pm – 2:30pm			
	May 15 & 22	9:00am – 10:30am			
	Jun 19 & 26	9:00am – 10:30am			

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 Health
Services**

Alberta Healthy Living
Program