

# Cardiac Education

## What can I expect to learn?

- **Coronary Artery Disease (CAD)**
  - What CAD is
  - Common signs and symptoms
  - Medications
  - Management options
- **Blood Pressure**
  - Blood pressure targets
  - Monitoring options
  - Medication management
- **Dyslipidemia (Cholesterol)**
  - Cholesterol targets
  - Lifestyle changes
  - Medications
- **Risk Reduction**
  - Risk factors
  - Lifestyle changes to reduce the risk of heart disease
- **Exercise with Heart Disease**
  - Safe exercise and activity

## How many classes are there?

- 5 individual classes for 1 hour or 1 hour 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?

- For more information about class schedules or to register, phone toll free 1-866-506-6654 or 1-866-795-9709