

Heart Healthy Eating

Punjabi ਪੰਜਾਬੀ



Learn about nutrition and heart health from a Dietitian. The information discussed includes:

- Heart-healthy foods that 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
In-person	Thursday, April 25	1:30 p.m. – 3:00 p.m.	In-person at Saddletowne Library. Registered through the Calgary Public Library
	Wednesday, May 22	2:30 p.m. – 4:00 p.m.	In-person at Crowfoot Library. Registered through the Calgary Public Library
	Thursday, June 13	1:30 p.m. – 3:00 p.m.	In-person at Saddletowne Library. Registered through the Calgary Public Library

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.

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