



Eating to Improve Blood Pressure

This class is for anyone with high blood pressure or those or those who would like to learn how nutrition can improve their blood pressure.

Class Type	Date	Time	How to Register
Online	Thursday, May 16	12:00 p.m. – 1:00 p.m.	Register Online or Call 1-877-314-6997 Hosted by Central Zone <i>*More dates may be available by calling or registering online</i>
	Thursday, June 27	9:00 a.m. – 10:00 a.m.	
	Wednesday, July 24	12:00 p.m. – 1:00 p.m.	
	Wednesday, August 14	12:00 p.m. – 1:00 p.m.	

Note: This class does not talk about the Mediterranean-style of eating. To learn more about the Mediterranean-style of eating, join our [Heart Healthy Eating](#) class.

The 4-part [Heart Wise](#) workshop is for those interested in all areas of heart health management (i.e. physical activity, stress, sleep, nutrition) or who is at risk of developing heart disease.

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.

