



Heart Wise: Managing Blood Pressure and Cholesterol

This comprehensive series is for anyone who has had a heart event or heart surgery, has high blood pressure, cholesterol and/or triglycerides, or who is at risk for developing heart disease. It is facilitated by a Health Educator and a Registered Dietitian.

In this 4-part series, you will learn how to manage heart health, including:

- What is heart disease
- How and why managing medications, stress, and sleep can keep your heart healthy
- How to self-monitor symptoms and safely exercise
- What is heart healthy eating and how it can look for you

Class Type	Date	Time	How to Register
Online	Thursdays, April 25, May 2, 9 & 16	5:30 p.m. – 8:00 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>
	Tuesdays, May 7, 14, 21 & 28	1:00 p.m. – 3:30 p.m.	
	Wednesdays, May 22, 29, June 5 & 12	5:30 p.m. – 8:00 p.m.	
	Mondays, June 3, 10, 17 & 24	9:00 a.m. – 11:30 a.m.	
	Wednesdays, June 19, 26, July 3 & 10	9:00 a.m. – 11:30 a.m.	

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 Healthy Living Program