



# Heart Check

This is a 2-part, 90-minute series for anyone who has, or wants to learn how to decrease the risk of developing Heart Disease.

Topics may include:

- **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 option
- **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

Class Type	Date	Time	How to Register
<b>In Person</b> 2 Part series	May 14 & 28	13:00 - 14:30	<b>1-866-506-6654</b> (Lethbridge or rural)  <b>1-866-795-9709</b> (Brooks, Medicine Hat, and rural area)  Hosted by South Zone
	May 8 & 15		
	June 12 & 19		
<b>Zoom</b> 2 Part series	March 14 & 21	09:00 – 10:30	<b>1-866-795-9709</b> (Brooks, Medicine Hat, and rural area)  Hosted by South Zone
	April 9 & 16		

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