



## Heart Healthy Eating

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
Phone	Thursday, May 4	9:00 a.m. – 10:00 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
Online	Wednesday, June 7	2:30 p.m. – 3:30 p.m.	
Online	Thursday, July 6	10:30 a.m. – 11:30 a.m.	
Phone	Tuesday, August 1	1:30 p.m. – 2:30 p.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.

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program – Calgary Zone, [join our e-mail distribution list](#).

