



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, March 13 | 1:00 p.m. – 3:30 p.m. | In-person at Saddletowne Library. Drop-in or register online |

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.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



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