



East Wellington
Family Health Team

Heart Health Class – Online Workshop

This workshop is for anyone interested in learning more about heart healthy eating and lifestyle strategies to help prevent or manage conditions like high cholesterol and high blood pressure. We will review heart disease risk factors, discuss what the different cholesterol numbers mean, as well as talk about practical suggestions for improving your heart health. Anyone can benefit from this informative workshop!

Upcoming dates:

June 1st from 4-5 pm
July 13th from 5-6 pm
Sep 21st from 12-1 pm
Nov 2nd from 4-5 pm
Dec 12th from 5-6 pm

Via zoom webinar

Link will be provided upon registration

This session is offered online and it is FREE OF CHARGE

Please **register** to be provided with a link and instructions to join this webinar. You will need access to a computer, tablet or smart phone but you do not need a camera. You will need an email address for registration and to access the webinar.

To register: Visit our website at www.ewfht.ca (please see workshop calendar)

For workshop questions, please email alliedprograms@ewfht.ca

Or call 519-833-7576 x 362