

Heart Healthy Program Background

This program was developed and is taught by a Registered Dietitian.

In this interactive group setting you will learn how to manage your choices that focuses on heart healthy eating and other healthy lifestyle habits. You will learn about how nutrition quality (things we can add to our diet, versus take away) and physical activity affect our risk of heart disease. Practical skills will be shared on how to simplify and make a heart healthy lifestyle fun and delicious! There is also the opportunity for community and peer support.

Eating can be a pleasurable experience

Small changes make a big difference

Visit our website for
more heart healthy
lifestyle tips!

www.westdurhamfht.com

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West Durham
Family Health Team



West Durham
Family Health Team



Heart Healthy Program

A lifestyle approach to a
healthier heart

