

Is this program right

Check all that apply:

- I want to learn about heart healthy eating guidelines
- I like a group class setting for sharing experiences and support
- I want to learn more about reading food labels (fat, fibre, sodium, etc.)
- I want to understand current physical activity recommendations
- I can commit to attending one or two 90-minute education sessions



Heart Healthy – A lifestyle approach to a healthier heart

Program Highlights

This program is led by the Loblaw's Pickering Dietitian

What is Cardiovascular Disease?
Types of Fat in the Blood
What is Blood Pressure?
Heart Healthy Eating Guidelines
Sodium Guidelines
Food Labeling
Physical Activity

Where Do I Sign Up?

If you feel this program is right for you, ask our staff, or call Julie Hodgeman (905) 420-9999 ext.2681

The Heart Healthy Program is run once per month. Although we cannot meet the needs of all patients, we will try to accommodate everyone.

