

Heart Health Workshop

In this workshop you will learn healthy eating and lifestyle strategies to help manage high cholesterol and/or high blood pressure. We will review heart disease risk factors, what the cholesterol numbers mean, as well as discuss different types of fats and how they may impact your cholesterol profile. We will discuss practical suggestions for eating to improve your heart health.

Erin Clinic: 6 Thompson Cres. Unit 1

Friday December 7th from 1:30 -3:30 pm

Rockwood Clinic: 175 Alma St

Tuesday January 29th from 5-7 pm

These sessions are open to residents of East Wellington and are
FREE OF CHARGE

Please pre-register as space is limited.

To register: Call 519 833-7576 ext. 362

Or visit our website at **www.ewfht.ca**