



Heart Health – Video

(Part 2: Medication, Exercise, Alcohol and Smoking)

Click the link below to access the video:

<https://youtu.be/t8X2pIMZEeU>

Format/Description: In this 36-minute educational video, a registered pharmacist will explain key factors that affect your heart health, including medication, exercise, alcohol and smoking.

Who should watch this video? This video is intended for patients identified by their physicians as having any of the following:

- cardiovascular disease
- past heart attack or stroke

OR risk factors for heart disease such as

- elevated blood cholesterol levels (high cholesterol)
- hypertension (high blood pressure)

Requirements/Expectations: The virtual session and video recording are open to anyone—you do not have to be a patient of the Thames Valley Family Health Team (TVFHT) in order to attend or view.

Benefits/Take-aways: You will learn practical approaches to managing your cholesterol levels and reducing your overall cardiovascular disease risk through health behaviour changes and the potential use of medications.

Please go to the **Group Handouts** section in the link below to download or print all relevant handouts.

<https://thamesvalleyfht.ca/programregistration/heart-health/>

For our other virtual programs, visit
<https://thamesvalleyfht.ca/programregistration/> or scan this QR code:

