

**Next workshop:**  
Wednesday September 12th

**Time:** 2:30-4:30 PM

**Location:** 60 Gillingham Drive,  
Suite 200

- Community Education Event
- No referral necessary to register



## Heart Health and You!

Join us for this interactive workshop exploring:

- How high cholesterol, high blood pressure and heart disease develop
- How to modify your diet and lifestyle to improve your heart health
- How to reduce your risk associated with heart disease

*Open to ALL of our patients and the general public who have heart disease or want to learn more!*

Workshops Educators:  
Registered Dietitian &  
Health Educator

Contact 905.456.7111 to register for upcoming workshops