* **How high cholesterol, high blood pressure, & heart failure develop**

**HEART HEALTH & YOU**

* **How to reduce the risk associated with heart disease so you can enjoy a longer, healthier life**
* **Tips on how to modify your diet to improve your heart health**
* **How to understand nutrition labels & what they are telling you**
* **Any questions you have about heart health & heart disease**

***If you, a family member, or someone you know has high blood pressure, high cholesterol, heart failure, diabetes, or other heart disease related concerns, this session is for YOU!***

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**UPCOMING WORKSHOP**

**Date:** Wednesday, March 13, 2019

**Time:** 1:30PM-3:00PM

**Location:** Program Room (60 Gillingham Dr., Suite 200)

*Check in with reception upon arrival*

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| --- | --- | --- | --- | --- | --- | --- |
| **Heart Health and You  Call 905-456-7111 to register**  **Wedn. March. 13 from 1:30-3:00 pm**  **60 Gillingham Dr., suite 200 (our office)** | **Heart Health and You  Call 905-456-7111 to register**  **Wedn. March. 13 from 1:30-3:00 pm**  **60 Gillingham Dr., suite 200 (our office)** | **Heart Health and You  Call 905-456-7111 to register**  **Wedn. March. 13 from 1:30-3:00 pm**  **60 Gillingham Dr., suite 200 (our office)** | **Heart Health and You  Call 905-456-7111 to register**  **Wedn. March. 13 from 1:30-3:00 pm**  **60 Gillingham Dr., suite 200 (our office)** | **Heart Health and You  Call 905-456-7111 to register**  **Wedn. March. 13 from 1:30-3:00 pm**  **60 Gillingham Dr., suite 200 (our office)** | **Heart Health and You  Call 905-456-7111 to register**  **Wedn. March. 13 from 1:30-3:00 pm**  **60 Gillingham Dr., suite 200 (our office)** | **Heart Health and You  Call 905-456-7111 to register**  **Wedn. March. 13 from 1:30-3:00 pm**  **60 Gillingham Dr., suite 200 (our office)** |