



CENTRAL BRAMPTON FAMILY HEALTH TEAM INVITES YOU

HEART HEALTH

- How high cholesterol, high blood pressure, & heart failure develop
- How to reduce the risk associated with heart disease
- 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

DECEMBER 7, 2020 FROM 6:00PM-7:30PM

Meeting ID: 881 8662 4820

For more information or to register visit www.cbfht.ca /
call (905)-456-7111 ext 2