

Heart Health Workshop

This workshop is for anyone interested in learning more about heart healthy eating and lifestyle strategies to help prevent or manage conditions like high cholesterol and high blood pressure. We will review heart disease risk factors, discuss what the different cholesterol numbers mean, as well as talk about practical suggestions for improving your heart health. Anyone can benefit from this informative workshop!

Tuesday Oct 1st from 5-7 pm

Rockwood Clinic: 175 Alma St

Also available via OTN

Thursday November 28th from 5-7 pm

Erin Clinic: 6 Thompson Cres. Unit 1

Also available via OTN

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