



PRAIRIE MOUNTAIN HEALTH

Chronic Disease Education Program
(CDEP)

Heart Health Class *Cholesterol*

This session will allow you to identify your target cholesterol levels and provide practical, healthy eating tips to help you reach these targets.

healthy eating
kidney disease
high cholesterol
high blood pressure
inflammatory bowel disease
HEART HEALTH
DIABETES
physical activity

Visit www.prairiemountainhealth.ca

Follow us on social media:



@PrairieMtHealth

Monday
September 23
10:00-12:00

Swan Valley
Health Centre
Therapies
Work Room

FREE!
Registration
required.
1-877-509-7852