



Primary Health Care Services
OF PETERBOROUGH

Peterborough Networked

Family Health Team



Heart Health

www.peterboroughfht.com

In partnership with the



**YMCA of
Central East Ontario**

Heart Health

2-hour Program

This program promotes healthy lifestyle changes that support heart health. This includes making lifestyle changes to improve cholesterol levels, blood pressure and reducing risk of heart disease.

You will learn about:

- Sources and types of fat and fibre
- Fluid and sodium intake
- Meal planning, label reading, eating out, recipe modification and fad diets
- Your genetic risk factors and how to manage heart disease
- Current activity guidelines

Who should attend:

- Has your physician or nurse practitioner told you that you have high cholesterol or high blood pressure?
- Have you ever had a heart attack?
- Does anyone in your immediate family have heart disease?

Ask your family doctor or nurse practitioner if the Heart Health program may be for you ...

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Date: _____

Time: _____

Location: _____