



Scarborough Academic

Family Health Team

HEART HEALTHY PROGRAM

**Do you have High Blood Pressure
and/or High Cholesterol?
Then this FREE Program is for you!**



- Using a dietary approach to control high blood pressure
- How did I get high cholesterol?
- Different types of fats
- Fibre and plant sterols
- How to read food labels
- Meal planning
- Alcohol and salt
- And more....

To REGISTER
please ask your doctor or nurse

October 16
6:00pm – 8:00pm

Agincourt Library - 155 Bonis Ave., Toronto, ON