

Heart Wise: Managing Blood Pressure and Cholesterol



This series is for anyone who has high blood pressure, cholesterol, and/or triglycerides, or who is at risk of developing heart disease. It is facilitated by a Health Educator.

In this 2-part series you will learn:

- How your heart works and what puts it at risk
- Key targets and how to monitor
- How physical activity is one of the best things you can do for your heart health and how to progress safely
- How medications, stress, sleep, and other habits impact the heart
- How to move forward utilizing a Long-Term Road Map

Class Type	Date	Time	How to Register
Online	Mondays, May 25 & June 1, 2026	9:00 a.m. – 10:30 a.m.	Register Online or Call 1-877-314-6997 Hosted by Central Zone
	Thursdays, June 18 & 25, 2026	6:00 p.m. - 7:30 p.m.	*More dates may be available by calling or registering online

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class



Updated April 22, 2026



**Nutrition
Services**

Essential partners
in health



**Primary Care
Alberta**

Alberta Healthy Living
Program