

Heart C.H.E.C.



This class series is designed for people living with heart disease who would like to learn more about it. Topics specific to heart disease and heart disease management will be covered including:

- symptoms management
- when to seek care
- risk factor management
- lifestyle changes

Learning more about how to manage your heart condition and make lifestyle changes can help lower the chance of further heart events.

Class Type	Date	Time	Location	How to Register
3 X 1.5-hour classes	April 29, May 6, 13	09:00am-10:30am	Medicine Hat	
	May 27, June 3, 10			
	June 29, July 6, 13			
2 X 1.5-hour classes	April 15, 22	1:00pm – 2:30pm	Brooks	1-866-506-6654 (Lethbridge or rural)
	June 18, 25	10:30am-12:00pm		
	Aug 19, 26	1:00pm-2:30pm		
	April 15, 22	10:00am – 11:30pm	Zoom	1-866-795-9709 (Brooks, Medicine Hat, and rural area)
	May 20, 27	1:00pm-2:30pm		
	June 17, 24	10:00am-11:30pm		
	April 16, 23	9:00am-10:30am	Lethbridge	Hosted by South Zone
	May 5, 12	1:00pm-2:30pm		
	May 21, 28	09:00am-10:30am		
	June 2, 9	1:00pm-2:30pm		
	June 18, 25	09:00am-10:30am		

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.



**Primary Care
Alberta**
Alberta Healthy Living
Program