



# Healthy Heart Information Session

**FREE  
EDUCATION  
SESSION**

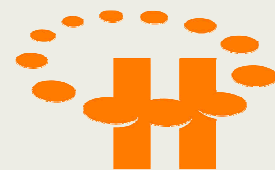
- ✓ Do you want a healthy heart?
- ✓ Do you need to lower your cholesterol?

## **Learn about:**

- Good and bad cholesterol
- Heart-healthy eating guidelines
- Better food choices
- Food labeling
- Heart-healthy cooking and dining out
- Physical activity
- Your action plan
- And much more...

\*Please call to find out the date and location of the next available class.

To register or for more info please call:  
**(905) 667-4862 ext. 337**  
[www.hamiltonfht.ca](http://www.hamiltonfht.ca)



**Hamilton Family Health Team**

*Better care, together.*