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SENIORS ENGAGEMENT & EMPOWERMENT NETWORK



MANAGING HYPERTENSION - PART 2: VIRTUAL SESSION

In Collaboration with Rexdale Community Health Centre

REXDALE COMMUNITY HEALTH CENTRE

Ontario's Community Health Centres

Every One Matters

Tuesday, June 4, 2024

11:30 a.m. - 12:30 p.m.

Join this two-part series of presentations to learn about the matters of the heart.

In this virtual session, we'll discuss:

- What is cholesterol, risk factors, practical tips for healthier living
- How to take control of high cholesterol
- Simple changes in your diet and lifestyle that can have a big impact

Register by phone or email:

(905) 677-0007 Ext. 5233

MaltonNIC@achev.ca

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