

HEART HEALTH EDUCATION



- ⇒ **High Blood pressure?**
- ⇒ **High cholesterol?**
- ⇒ **Heart or cardiovascular disease?**
- ⇒ **Interested to learn about Heart Health and how to stay healthy?**

Register to learn about healthy lifestyle and medications for Heart Health with a Registered Dietitian and Pharmacist.

Call 519-772-2322 or email patient@wrnplc.ca



**Waterloo Region
Nurse Practitioner-Led Clinic**

EVERYONE IS WELCOME:

- Patients of WRNPLC and their support or family members**
- All members of the community**

COST: Free

WHEN:
Choose one:
Tuesday, October 1st
5:30-7pm Kitchener

Tuesday, October 29th
5:30-7pm Cambridge

Tuesday, November 12th
1-2:30pm Cambridge

Tuesday, December 10th
5:30-7pm Kitchener

WHERE:
Kitchener:
204-123 Pioneer Dr.
(Second Floor)

Cambridge:
13 Water St. North