

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 to register!



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:

**Wednesday January 15,
2025 9:30-11:00 am
Cambridge**

**Friday February 21, 2025
2:30-4pm Kitchener**

**Tuesday April 1, 2025 5:00-
6:30pm Cambridge**

WHERE:

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

**Cambridge:
13 Water St. North**