

# 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 book your spot!



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:

January 14, 2026  
10:00am-11:30am

February 11, 2026  
2:30pm-4:00pm

March 11, 2026  
10:00am-11:30am

April 8, 2026  
2:30pm-4:00pm

May 13, 2026  
10:00am-11:30am

June 17, 2026  
2:30pm-4:00pm

## WHERE: Kitchener:

204-123 Pioneer Dr.  
(Second Floor)