

# Eating for a Healthy Heart

Free, informative sessions presented by  
Ruth West, Registered Dietitian



## You will learn about:

- Heart healthy foods to have more often
- Heart healthy recipes
- What to look for on a food label
- Which foods to limit to lower your blood cholesterol



## Leave with specific nutrition goals that fit into your lifestyle!

**Dates:** Tues, June 22, 2010 or  
Tues, July 20, 2010

**Time:** 7:00 pm to 9:00 pm

**Place:** Grey Nuns Community Hospital  
3015-62 Street, Edmonton



**Call 780-735-7427**

**to register & for more information.**