Healthy Living For A Healthy Heart

February 20, 2025
1:30-3:00pm MST

This session will cover the basics of heart disease, with a focus on how heart disease develops and why lifestyle factors play an important role in its prevention and management. Eating recommendations for heart health will be covered along with practical tips and tricks to help make heart healthy changes in your own life.

Learning Outcomes:
- Learn about how common heart diseases develop and their connection to nutrition
- Learn about healthy-eating recommendations for the heart
- Learn about practical lifestyle changes and choices that can improve heart health

Speakers:
Jessica Brandt, Dietetic Intern, Indigenous Services Canada

Target Audience: Frontline healthcare workers, general population

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21909

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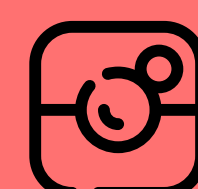
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