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February 12th from 1:30-2:30
The latest information on how to eat smart for your heart

With so many mixed messages regarding nutrition these days it can be confusing to know what to eat. Join the Nutrition Team at FNIHB for this session focused on eating well for a healthy heart.

**LIVE STREAM WILL
BE MADE
AVAILABLE**

**TO ACCESS THIS
SESSION FROM AN
AUDIO LINE DIAL
1-833-362-3684
CODE 14001**

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NATION PORTAL
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THIS SESSION**

Learning Objectives:

Learn about eating well and living well for heart health and how to get started. There are many paths to take on a journey towards a healthy heart – the important thing to do is start!

Target audience:

Front line healthcare workers in community

Speaker Info:

Kaybrie Middleton is a Dietetic Intern with the FNIHB Nutrition Advisory Team. She recently completed a cardiac (heart) clinical focused placement with Alberta Health Services and has been creating a wide range of resources for the Nutrition Team!

**FIRST NATIONS
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