

Group Program Outline - Heart Health

Session 1: Heart Health Essentials

At the end of the session, participants will have reviewed:

What is Cardiovascular disease?

- How the heart works

Targets for blood pressure and cholesterol

Risk Factors for heart health

- Modifiable and Non-modifiable
- Ways to reduce your risk
 - Healthy eating
 - Physical activity
 - Alcohol guidelines
 - Smoking, vaping, cannabis/marijuana guidelines
 - Managing stress

Medication management

Warning signs and symptoms

Session 2: Eating for Heart Health

At the end of the session, Participant will have reviewed:

Types of dietary fats

Limit alcohol and sugars

Fibre

- Role of fibre in heart health
- Ways to increase your fibre intake

Sodium (salt)

Processed foods

Label reading

- How to compare labels

Putting it all together

- Healthy plate method
- Portion control