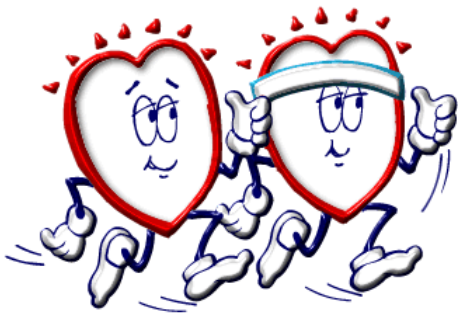


Have a change of heart



Do you want to learn how to improve your heart's health?

During these three sessions we will explore:

- **How simple lifestyle changes can help reduce your risk of heart disease and stroke**
- **How to read and understand food labels**
- **How to break habits and achieve your goals**



For more information contact:

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