



Healthy Eating & Heart Health

Participants will learn about:

- The different types of cholesterol in blood
- How diet can play a role with managing high cholesterol levels

family & friends are welcome to attend

When: Tuesday May 9, 2017

Time: 11:00am - 12:00 pm

Where: South Riverdale Community Health Centre

1245 Danforth Avenue, Unit #3 (South side of Danforth, about a 1-2 minute walk from Greenwood Subway Station)

Register: Please call Sarpreet at 416.461.9043 ext. 340



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HEALTH CENTRE

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