

## FAQs

### Is there a cost?

There is no cost.

### Is there parking available?

Free parking is available.

### How long is the class?

2 hour sessions.

### Can I bring my partner?

Of course! Let us know ahead of time so we have enough room for everyone.

### When are the classes for 2017?

Classes are scheduled based on interest; we need at least 4-5 interested to run a class.

**\*Check the Blue Sky Family Health Team website for latest information\***

**[www.blueskyfht.com](http://www.blueskyfht.com)**

## OTHER BLUE SKY FAMILY HEALTH TEAM PROGRAMS

- Smoking Cessation - Quitting smoking can reduce your risk of heart disease and stroke.
- Walking Group - Being active helps improve the good cholesterol and can help make you feel good about yourself
- Weight Management Support Group - Struggling with weight loss? Join monthly meetings for support and nutrition topics affecting your weight.
- Healthy You - A 6 week program focusing on healthy eating.
- Chronic Disease Management - Struggle with a chronic disease that is difficult to manage? Join this group today!

## HEART HEALTHY EATING CLASS

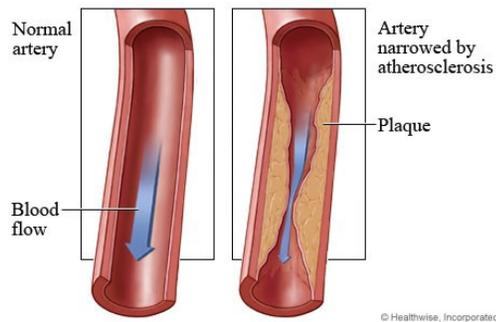


*Ask for a referral today!*



## RISKS OF HIGH CHOLESTEROL

High cholesterol can lead to a buildup of plaque in the artery walls, narrowing your arteries, a condition called atherosclerosis. It can make it more difficult for blood to flow through your heart and body, putting you at increased risk of circulatory problems, heart disease and stroke.



### References:

[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484027/k.8419/Heart\\_disease\\_\\_High\\_blood\\_cholesterol.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484027/k.8419/Heart_disease__High_blood_cholesterol.htm)

[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3483919/k.EB14/Heart\\_disease\\_\\_Prevention\\_and\\_risk\\_factors.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3483919/k.EB14/Heart_disease__Prevention_and_risk_factors.htm)

## MODIFIABLE RISK FACTORS

- High blood pressure - Normal blood pressure is 120-129/80-84
- High blood cholesterol - ask for a referral to see a Registered Dietitian, or take the new Heart Healthy Eating Class
- Diabetes - Having trouble managing your blood sugars? Ask for a referral to see the Diabetes Educator
- Being overweight - Interested in making some dietary changes? Ask for a referral to see the Registered Dietitian
- Physical inactivity - Start with joining the Health Promoter for walks Tuesday and Thursday mornings
- Smoking - Ready to quit? Ask to see the respiratory therapist to get started
- Stress - Ask for a referral to see the Registered Social Worker for Tips and techniques to manage your stress

## CLASS TOPICS

- What is Cholesterol?
- What do my cholesterol number mean?
- Different types of fat and how they affect your cholesterol
- Soluble fibre and how it improves cholesterol
- Meal Makeovers to make recipes more nutritious
- Getting active for health
- Reaching and maintaining a healthy body weight

\*\*Each participant gets The Heart Healthy RD approved Recipe Booklet\*\*