



# Heart Health

**Join a class with a Registered Nurse & Registered Dietitian to learn the basics of heart health, including how lifestyle, diet, & simple habits can support a stronger heart.**

**This FREE 1.5 hour class is for individuals and family members who want to better understand heart health, prevention, & day-to-day ways to reduce risk and stay well.**

## What We'll Cover:

- How the heart works & common heart conditions
- Ways to prevent heart disease & manage risk factors
- The role of food, movement, & medications
- Checking your blood pressure at home
- Setting SMART goals to support heart health

## Class Details:

- Offered as a virtual class & in-person in Trail, Nelson, Castlegar, & Grand Forks
- Single-session class (you're welcome to attend more than once if you'd like a refresher)
- Visit [kbpcn.ca/group-education](https://kbpcn.ca/group-education) for the upcoming class schedule + information about more PCN group classes!



## Want to join us?

**To register email [KBPCNMOA@interiorhealth.ca](mailto:KBPCNMOA@interiorhealth.ca) or call 250-365-4337.**

*You can also ask your primary care provider to refer you (practitioners, please use the PCN referral form).*