



# Heart Smart

## PROGRAM INFORMATION

### WHAT IS IT?

- Heart Smart is a group program that provides a dietary approach to improving blood lipid levels
- It is offered as a benefit to patients of the Markham Family Health Team
- Heart Smart is designed and facilitated by a Registered Dietitian
- It is a small group format (maximum 15 participants) so that individual needs and concerns can be addressed.
- The session provides education and coaching in key areas such as the Mediterranean diet, dietary fats, omega-3's, sodium, fiber, soy, supplements, exercise and alcohol.

### WHEN AND WHERE DO MEETINGS TAKE PLACE?

- The program is designed as a single session.
- **Date: This workshop runs multiple times per year, please contact us for next session date**
- We meet at the Markham Family Health Team (122 Cornell Park Ave, Unit 1)
- Parking is free

### WHAT ARE THE COSTS?

- Nothing!

### DO I QUALIFY?

- You must be a registered patient with the Markham Family Health Team
- Participants must be at least 18 years of age
- You do not need a doctor's referral to participate

### HOW DO I REGISTER?

- Act quickly – spaces are very limited (maximum 15 participants) per session
- Please contact Carly Holmes at [carly.holmes@markhamfht.com](mailto:carly.holmes@markhamfht.com) or 905-471-9999 x267