

HEART HEALTH NUTRITION

Wed, Feb 15, 5:30 - 6:30 PM, YWCA Program Centre, 4th Floor

As a part of healthy aging, disease prevention and keeping our hearts healthy are important. Although there are genetic influences, there are also many dietary and lifestyle factors that are under our control. We will discuss different foods and nutrients that can positively or negatively affect our heart health, including:

- Unsaturated Fats vs Saturated Fats
- Soluble Fibre
- Refined Sugar & Grains
- Alcohol
- Omega-3 Fats
- Nitrates
- Other Lifestyle Factors



DRAW

Attendees will also have the opportunity to enter a draw for a complementary 60 minute nutrition session with Helen!

WHO

Helen Tieu is a Registered Dietitian and Certified Diabetes Educator. She is passionate about helping others to improve their health and reach their body composition goals. She specializes in weight loss for busy professionals and offers 1:1 and group coaching. She is currently accepting new clients. Note that many extended health insurance benefits cover dietitian services.



Schedule:

5:30 - 6:15PM

| interactive presentation

6:15 - 6:30PM

| Q&A period

Member | FREE!
Non-member | \$10

Sign up on our YWCA Health + Fitness mobile app or member portal! Look in the "Classes" or "Schedule" tab to find this event.