Stroke Prevention Clinic
Virtual Nutrition Education

Your recipe for stroke prevention!
Learn more about nutrition and setting goals to decrease your risk of stroke!

4 weekly 1-hour interactive sessions with Registered Dietitian Molly Firth

1. Eating to Improve Blood Pressure
2. Improving Cholesterol and Triglycerides with Food Choices
3. Understanding Food Labels
4. Choosing and Preparing Healthy Meals and Snacks

For registration or questions please email spc.education@uhn.ca