



# 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](mailto:spc.education@uhn.ca)