

Cardiovascular Disease

Group Education

Kia ora!

We would love it if you came along to our next Cardiovascular Disease Group Education Session. These sessions are run through Microsoft Teams. Anyone with cardiovascular disease (CVD), including high cholesterol or high blood pressure, is welcome.

Our session covers:

- What is cardiovascular disease
- How plaque forms in arteries
- Cholesterol and blood pressure
- Risk factors for CVD
- Foods that negatively impact heart health
- How to eat well for heart health
- Practical tips and activities

To register your interest, send us an email:
dietitians@wellsouth.org.nz

We look forward to seeing you online!

Dietitian Team