

Live & Learn

Learn how you can live with cardiovascular disease

If you

- have had a heart attack stroke or TIA (transient ischemic attack)
- have angina
- had heart bypass surgery or stents
- are at risk for having a heart attack or stroke

...then this program is for you!

Sessions are **free**, informal and full of good information!

Live and Learn is a 2 1/2 hour class that gives you the chance to learn more about how you can live healthier with cardiovascular disease.

The class is offered on the
4th Monday of the month
throughout the year.

This program is available at the
Digby, Shelburne and Yarmouth Hospital sites
and the Clare Health Centre.

Pre-registration is required, seating is limited.
For further information or to register:
(902) 742-3542 ext 460



South West Health
Working Together for Better Health
Shelburne • Yarmouth • Digby

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