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LET'S TALK HEALTH

Heart Health

Your heart works hard every day – but how much do you really know about keeping it healthy?

DR. MICHELLE GRAHAM

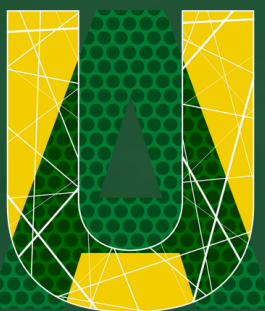
Professor
Department of Medicine



FREE PUBLIC WEBINAR

Join physicians from the Department of Medicine for a practical, evidence-informed introduction to heart health. Learn how your heart works, what increases your risk of heart disease, and the everyday habits that can make a difference. We'll discuss common questions about blood pressure, cholesterol, nutrition, exercise, and other factors that influence heart health, along with warning signs that shouldn't be ignored.

We'll also explore common myths about supplements, fad diets, wearable devices, and products marketed as "heart healthy", helping you make informed decisions based on current medical understanding.



WEDNESDAY, FEBRUARY 10, 2027
6 - 7 p.m.

For more information, visit uab.ca/dom.

