

RESOURCES FOR MANAGING HEART DISEASE + RISK FACTORS



- **Alberta Health Services Alberta Healthy Living Program:** www.ahs.ca/ahlp
Group classes and self-management workshops to support those living with a chronic condition. For more information or to register, visit www.ahs.ca/ahlp or call 403-943-2584.
- **Alberta Quits:** www.albertaquits.ca
Website with tools and services to help you quit smoking. Toll-free helpline with trained cessation counselors available daily from 8:00 am to 8:00 pm at 1-866-710-QUIT (7848).
- **Poison & Drug Information Service (PADIS)**
Free and confidential advice and expertise on the health effects of poisons, chemicals and medications, 24 hours a day, 7 days a week. Call toll-free 1-800-332-1414.
- **American Heart Association:** www.heart.org
An online resource for heart disease and the lifestyle changes you can make to improve your heart health.
- **Diabetes Canada:** www.diabetes.ca
A site for people living with diabetes/ pre-diabetes to help them manage their condition and minimize their cardiovascular risk
- **Cardiosmart:** www.cardiosmart.org
Online patient education to help individuals prevent and manage heart disease.
- **Heart and Stroke Foundation:** www.heartandstroke.ca
Online resource for heart disease, risk factors and lifestyle change. Includes a variety of e-tools to help you manage your heart health.
- **MyHealthAlberta:** <https://myhealth.alberta.ca>
Online resource for Albertans that includes information on various medical conditions, health tools, as well as links to programs and services.
- **MayoClinic:** www.mayoclinic.com/health-information
Online medical information and tools for healthy lifestyles.