

# RESOURCES FOR MANAGING HEART DISEASE + RISK FACTORS



- **Alberta Health Services Alberta Healthy Living Program:** [www.ahs.ca/ahlp](http://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](http://www.ahs.ca/ahlp) or call 403-943-2584.
- **Alberta Quits:** [www.albertaquits.ca](http://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).
- **American Heart Association:** [www.heart.org](http://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](http://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](http://www.cardiosmart.org)  
Online patient education to help individuals prevent and manage heart disease.
- **Heart and Stroke Foundation:** [www.heartandstroke.ca](http://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](http://www.mayoclinic.com/health-information)  
Online medical information and tools for healthy lifestyles.