

Additional Resources

Alberta Centre for Active Living	1-800-661-4551	www.centre4activeliving.ca
Dietitians Canada	416-596-0857	www.dietitians.ca
Eat Right Ontario	1-877-510-510-2	www.eatrightontario.ca
Heart and Stroke Foundation	416-489-7111	www.heartandstroke.ca
Health Canada	1-866-225-0709	www.hc-sc.gc.ca
Hypertension Canada	905-943-9401	www.hypertension.ca
Public Health Agency of Canada	416-973-0003	www.phac-aspc.gc.ca
Summerville Family Health Team	905-272-9700 ext 269	www.summervillefht.com