

## **Do You Have Any of the Following? Then you could be at risk for heart disease.**

- ♥ High Cholesterol
- ♥ High Blood Pressure
- ♥ Pre-Diabetes / Diabetes
- ♥ Family History of Vascular Disease
- ♥ Smoking History
- ♥ Obesity
- ♥ Metabolic Syndrome
- ♥ Depression
- ♥ Sleep Apnea
- ♥ Physical Inactivity
- ♥ History of Gestational Diabetes
- ♥ History of Gestational Hypertension

**Do you want to make a change?  
Then call 604-875-2000 ext. 6339  
to book an appointment**

### ***Services provided will include:***

- ♥ Risk Factor Screening and Stratification
- ♥ Personalized Goal Setting
- ♥ Personalized Treatment Plan
- ♥ One Hour with the Nurse Practitioner
- ♥ On-going follow-up and support as necessary

