

# Heart-Healthy Eating; A Recipe for effective behaviour change

**WHEN** Tuesday, November 22nd 2022  
7:00 PM – 8:00 PM

**WHERE** Online

**COST** Free

On the 22nd November 2022, the Heart Foundation is once again partnering with the World Heart Federation to bring to you a health professional webinar focusing on the latest evidence of Nutrition in the context of cardiovascular risk reduction. The event will be chaired by Prof Garry Jennings, Chief Medical Advisor of the Heart Foundation, and we will be joined by Professor Clare Collins, world renowned Nutrition and Science commentator, researcher, and Fellow of the Australian Academy of Health and Medical Sciences, as well as Australian experts to explore the latest evidence on heart healthy eating patterns and traverse strategies and tools to make translation and implementation easier for your patients.



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