



## Vineet Sidhu, Registered Dietitian

Vineet (she/her/they) is a Sikh Panjabi Canadian and is a Registered Dietitian and Behavioral Neuroscientist. Vineet graduated from University of British Columbia and University of Manitoba. Vineet has been privileged to work in a variety of practice settings in Manitoba, and British Columbia; including Acute Care, Long Term Care and Primary Care Settings. Vineet believes that healthy people need healthy communities to develop physical mental and social resilience. Vineet is an active member of community organizations and projects. She loves to learn, serve, travel, read, hike, and explore traditional food cultures. Most of all, she loves hosting friends and family over a home cooked meal.

**Session:** Heart-Healthy Diet

- Objectives:**
1. How can I make better food choices for my heart health?
  2. Does heart-healthy grocery shopping need to be expensive?
  3. Recipes/examples for heart-healthy foods
  4. How can I maintain my heart health when I am eating out at events (such as weddings)?

**Date:** Saturday, March 9, 2024