

Active Healthy Lifestyle & You

*Want to stay active and healthy?
Stressed about your weight & eating habits?
Join our program!*

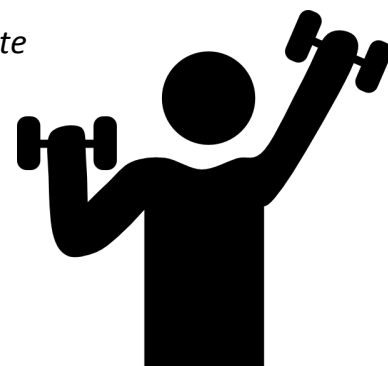
When & Where: Every Thursday 4pm to 6pm
Start date: Sep 27 to Nov 22, 2018 for 8 weeks
Activity Room 249, Second Floor
300 Silver Star Blvd., Scarborough

Cost: \$5 (optional) for work book

What: *(Based on 'Healthy You' program from Hamilton Family Health Team)*
8 sessions program outline

- 1) *Self-assessment and goal setting*
- 2) *Nutrition basics, food journaling, and carbohydrate*
- 3) *Self-image, emotional eating and mindfulness*
- 4) *Active Living and community resources*
- 5) *Protein, fat, and meal planning*
- 6) *Exercise and body composition*
- 7) *Managing roadblocks, saboteurs and relapses*
- 8) *Cooking class and healthy eating out*

All sessions will have exercise component, please dress comfortably



Language: English - translation will be available as required

Speakers: Registered Dietitian / Kinesiologist / Social Worker

Registration: *Family MD or self referral. Doctor's note for exercise approval BMI >25,*

Inquiry & Registration:

Kimberly: 416-847-0283 Limited space, first come basis



Where CARE Always Comes FIRST

