



*Rapids*

Family Health Team

# Are YOU interested in Living a Healthy Lifestyle?

Rapids Family Health Team offers a **FREE** 4 week Healthy Eating series, a program designed to help you make permanent lifestyle changes. You will set your own healthy eating and physical activity goals and learn how to make plans for achieving them. Some topics that will be discussed include:

- Carbohydrates, protein and fats
- How often to eat/ balancing meals
- ♦ Sensible portions and portion control strategies
- Physical activity: What types and amounts are beneficial
- ♦ Emotional eating strategies
- ♦ Group discussions will help you learn from others experiences.
- ♦ Weekly self management goals that will help you reach your full potential



## Healthy Eating and YOU!

**Next Class Begins:**

**Tuesday April 23, 2019 @ 9:30 AM**

**1150 Pontiac Dr., Sarnia**

**To Register Call 519-339-8949**

**No cost to participate—All are welcome—No referral necessary**