



Rapids

Family Health Team

Are YOU interested in Living a Healthy Lifestyle?

Rapids Family Health Team offers a 4 week Healthy Eating series, a program designed to help you make permanent lifestyle changes – this is not a “diet” program. 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:

Mon. Feb. 5 @ 1150 Pontiac Dr., Sarnia @ 1:30 PM - 3:30 PM

Wed. Feb. 28 @ 233 Cameron St., Corunna @ 1:30 PM - 3:30 PM

To Register Call 519-339-8949

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