

Highway to Health

10-week lifestyle program to re-boot wellness!

IMPROVE YOUR:

- nutritional status
- energy level
- heart health and blood sugar levels
- body composition, endurance and overall health

YOU WILL LEARN:

- tips for meal planning
- how to read food labels
- practical ways to incorporate physical activity & manage barriers
- strategies to help manage daily stress

Next session starts:

Mondays

Sept 19 - Nov 21, 2022

10-11:30 am

This program is offered free of charge to all adult patients at the clinic. Please call **(905)-456-7111 (ext 2)** to learn more, or scan the QR Code to register.

