

Vitality: 6 Weeks to a Healthier You



Group Description

This is a group for women who would like support, information, and guidance about eating well, being active and feeling good about themselves. Self care and self awareness are two themes of the group.

Is this group for you?

Do you hate diets? Hate jumping on the scale? Would you like to have a supportive atmosphere where you can ask questions about the food you are eating? If you answered yes to any of these questions, this group is right for you!

What you will learn:

- The difference between mindful eating and mindless eating
- Body image and self esteem
- Healthy eating e.g. balanced meals, label reading, portion control
- How to set goals for lifestyle changes that you CAN make

When: **Thursdays July 8, 15, 22, August 5, 12, 19th**

Time: **6-7:30 PM**

Where: **Stonechurch Family Health Center**

Facilitators: Michele MacDonald Werstuck, Dietitian; Lynn Dykeman, Social Worker

Please register with the front desk

Team A 905 575-1300

Team B 905 575-7757

Team C 905 574-1444