

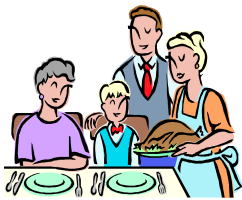


WEIGHT MANAGEMENT PROGRAM

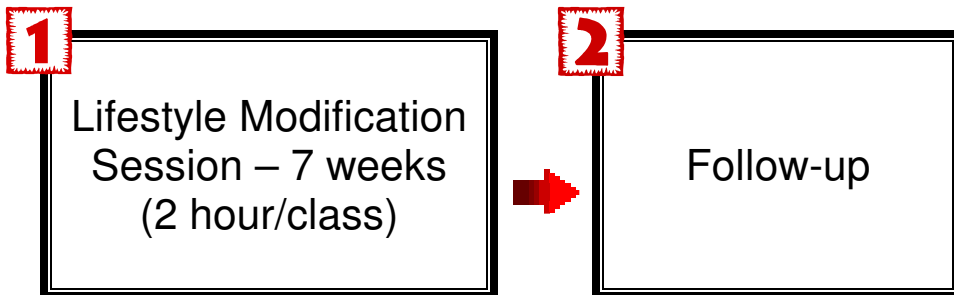
Is this program for you?

- ☑ *I want a lifestyle/non-diet approach to help achieve a healthier weight*
- ☑ *I like a group setting for sharing experiences and support*

Topics include:



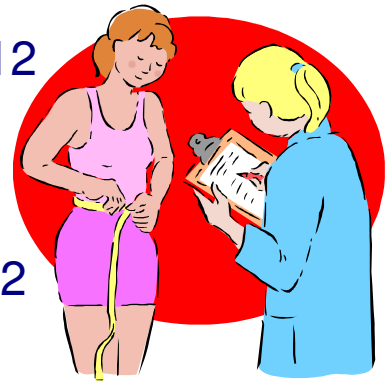
Meal Planning
Dining Out/Special Occasions
Self Image and Emotional Eating



NO COST
Everyone Welcome

When: Wednesday, February 15, 2012
9:00 am to 11:00 am

Please call to register at (613) 498-9902



Community & Primary Health Care
Making A Difference In Your Community