

Healthy You Series



Call or go online to register:

905-704-3660

www.wellandmcmasterfht.com

Sessions are FREE to attend



Wednesdays, 9:30-11:30am, January 8, 15, 22, 29, February 5, 12

Achieve better health and wellness through good food choices, increased physical activity, and feeling better about yourself!

Join our Registered Dietitian and Nurse Practitioner for this 6-week series. After participating, you will be able to:

- Understand nutrition information that will help you make better food choices, help you to set healthy goals and stay motivated,
- Make good decisions when dining out or eating away from home,
- Read and understand food labels,
- Be a better shopper and plan healthy meals,
- Increase activity in fun ways!

All sessions take place at the Welland Library's Seaway Mall Branch, 800 Niagara Street