

Obesity Management Program

3-week program aims to support you with

- Insights on obesity management
- Gain practical knowledge and skills
- Learn about resources for sustainable success.



Facilitated by: Dietitian, Nurse, Social Worker, Kinesiologist

Time: 5:30pm – 7:00pm, **Location:** In person, 1st Floor

Dates: Oct 18, Oct 25, Nov 1, 2022

Week 1: Get your Nutrition right

Week 2: Succeed in your Exercise goals

Week 3: Learning to Cope up



Criteria to attend:

- ✓ Adults >18yr with diagnosis of obesity (ask us if you are unsure)
- ✓ Active onsite COVID-19 screening
- ✓ Mask required and social distancing where possible



Activities, Handouts, Refreshments and Give Aways!

How To Register:

Please call: **905-303-8490 Ext: 2**

Limited space is available.

 www.vaughanchc.com

 @vaughan_chc

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 9401 Jane St. Suite 106