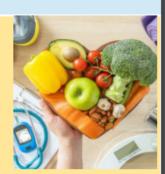




## **Obesity Management Program**

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



(O) @vaughan\_chc



📞 905-303-8490 ext. 2



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