

WEIGHT WELLBEING^{TO}

A LIFESTYLE PROGRAM
TO IMPROVE YOUR HEALTH & WELLBEING!

FREE Virtual classes

7 CLASSES ONCE A WEEK OVER 7 WEEKS

18 YEARS & UP



- Would you like to improve your eating habits?
- Would you like to be more active but don't know where to start?
- Do you have trouble managing stress?
- Are you having trouble sleeping?
- Do you find it hard to stay present? in the moment?
- Do you wonder if medications are leading to weight changes?



Tuesdays, 6:30 pm to 8 pm
October 4 until November 15

For more information or to register
Call: Toll Free 1-877-509-7852

