

# HEALTHY YOU

non-dieting  
wellness program



Learn how to become a *healthier you* through mindful food choices, physical activity and feeling good about yourself.

## Healthy You is a **FREE** 12-week online program

based on a holistic, non-dieting, Health At Every Size lifestyle approach to your wellness.

### Dates

Wednesdays  
March 24 to June 9, 2021

### Time

2:30pm to 4:30pm

### Our Registered Dietitian will teach you about:

- Managing stress/cravings and healthy eating behaviours
- Enjoyable physical activity
- Self image, mindfulness and emotional eating
- Goal setting and managing roadblocks

### You will learn:

- How to have a positive self to self relationship
- How to improve your health while respecting the body you have
- How to make lifestyle choices that are in line with the things important to you

Register: [eknplc-healthyyou.eventbrite.ca](https://eknplc-healthyyou.eventbrite.ca)



**Emery-Keelesdale**  
**Nurse Practitioner-Led Clinic**