



# Best Health, Best Weight

In partnership with Hotel Dieu Hospital,  
KFL&A Public Health, Loblaws and YMCA  
of Kingston

This 10-week program aims to help you make lifestyle and dietary changes to improve your health and find your best weight. Weekly interactive sessions focus on helping you build healthy lifestyle behaviours into your daily life.

**THURSDAYS**  
**September 14 to November 16**  
**10 a.m. to noon**

Queen's Family Health Team  
115 Clarence St., Haynes Hall (Basement)

Cost: \$30

Open to the Kingston community.

To register, please call Michelle at  
613-533-9300, Ext. 73913.

## Topics and activities include:

- **Changing Your Eating Style**
- **Grocery Store Tour**
- **Cooking Class**
- **Physical Activity**
- **Stress Management**
- **Building Healthy Relationships**
- **.... and more!**