



Best Health, Best Weight

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

This eight-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 5 to October 24, 2019
10 a.m. to 12 p.m.

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!