

YOU'RE INVITED TO:

EAT RIGHT LIVE RIGHT



THIS IS A 5 WEEK PROGRAM TO FOCUS ON:

- HEALTHY EATING
- WEIGHT LOSS
- ACTIVITY



WHEN: TUESDAY AFTERNOONS FROM 1:30 – 2:30
START: Sept 10 2013
FINISH: Oct 8 2013
WHERE: 140-1060 MANHATTAN DRIVE

COME HAVE FUN, MEET NEW FRIENDS, AND SHARE WAYS TO BE HEALTHY

Phone to register - Mary Hicks 250 980 1523

How to get there:

Bus **Route #2 North End Shuttle** goes right down Ellis.
Get off bus at Recreation and walk toward the lake. Recreation turns into Manhattan.



PRESENTED BY HEALTH SERVICES FOR COMMUNITY LIVING &
AND COMMUNITY LIVING BRITISH COLUMBIA

A minimum of 5 participants are required. You will be notified if class is cancelled due to lack of participants.



Fall Series

Eat Right / Live Right

Class runs 1330 – 1430

Sept 10	Welcome / Goal Setting	Mary/Nicole
Sept 17	Diabetes prevention & snacks	Mary/Sheila
Sept 24	Eating out	Mary/Tricia
Oct 1	Active living	Mary/Val
Oct 8	Celebrate success	Team