

Your care provider recommends that you attend the following wellness workshop as part of your health care plan:

- Healthy You
- Craving Change
- Healthy Heart Information Session
- Living Well with Diabetes
- Healthy Eating and Keeping Active with Diabetes
- Community Cooking Demonstration
- Cook a Little, Cheat a Lot (offered on demand)

Date: _____ Location: _____

To register, please contact the Hamilton Family Health Team by calling 905-667-4863 or send an email to nutrition.groups@HamiltonFHT.ca



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Our Groups are:

- Enjoyable AND effective
- Available at various locations and times throughout the city of Hamilton

Our Groups are for anyone/everyone who wants to:

- Learn how to make healthier choices in a relaxed, enjoyable environment
- Learn how healthy eating can be easy and enjoyable
- Feel more confident about managing their health

For more information, please visit:

www.hamiltonfht.ca/en/groups-workshops/Nutrition-Workshops.aspx



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