

**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 Type 2 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](mailto: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:

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