

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

Group	Description
<input type="checkbox"/> Healthy You	12 week lifestyle program designed to improve health and wellness through good nutrition and physical activity.
<input type="checkbox"/> Craving Change	6 week program that teaches cognitive behavioural strategies to help address emotional eating issues.
<input type="checkbox"/> Healthy Heart Information Session	2.5 hour workshop providing best evidence in lifestyle strategies to improve cholesterol and heart health. Includes a cooking demo.
<input type="checkbox"/> Healthy Eating and Keeping Active with Diabetes	2 hour workshop with focus on improving blood sugars through good nutrition and physical activity. Ideal for anyone looking to better manage or prevent diabetes.
<input type="checkbox"/> Living Well with Diabetes	2 hour workshop discussing healthy ways to better manage type 2 diabetes. Suitable for anyone newly diagnosed with diabetes or looking to refresh their knowledge.
<input type="checkbox"/> Cooking Demonstrations	90min demonstrations designed to show how easy and fun it can be to incorporate healthy cooking into everyday life. Great for all skill levels.
<input type="checkbox"/> Cook a Little, Cheat a Lot	1-2 hour workshop designed to help increase confidence with planning easy, well balanced and nutritious meals on a budget. 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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<input type="checkbox"/> Living Well with Diabetes	2 hour workshop discussing healthy ways to better manage type 2 diabetes. Suitable for anyone newly diagnosed with diabetes or looking to refresh their knowledge.
<input type="checkbox"/> Community Cooking Demos	30-90min demonstrations designed to show how easy and fun it can be to incorporate healthy cooking into everyday life. Great for all skill levels.
<input type="checkbox"/> Cook a Little, Cheat a Lot	1-2 hour workshop designed to help increase confidence with planning easy, well balanced and nutritious meals on a budget. Offered on demand.

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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](http://www.hamiltonfht.ca/en/groups-workshops/Nutrition-Workshops.aspx)



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