

Healthy You Program

Twelve 90 Minute Weekly Classes:

- Week 1: Orientation
- Week 2: Self-Assessment & Goal Setting
- Week 3: Nutrition Basics and Journaling
- Week 4: Body Image, Mindfulness and Emotional Eating
- Week 5: Active Living & Community Resources
- Week 6: Carbohydrates, Fibre & Sugar
- Week 7: Protein, Fat & Sodium
- Week 8: Meal Planning
- Week 9: Supermarket Savvy
- Week 10: Dining Out
- Week 11: Managing Roadblocks
- Week 12: Vitality Tool Kit & Next Steps



Optional Classes

- Week 13:** Healthy Heart Info Session
- Week 14:** Healthy Eating and Keeping Active with Type 2 Diabetes
- Week 15:** Living Well with Diabetes

To register or for more information,
please call:

(905) 667-4863

or send an e-mail to

nutrition.groups@hamiltonfht.ca

NUTRITION

MENTAL HEALTH

PHARMACY

NURSING