



Seaway Valley  
Community Health Centre  
*Working with you for a Healthier Community*

FREE Program!

# Healthy You!

A 4-week group education program with a 1-month follow up that will help you change your lifestyle and manage your weight.



Led by a Registered Dietitian and Health Promoter

When: Mondays, May 28<sup>th</sup> to June 18<sup>th</sup>, 2:30pm to 4:00pm  
**Sign up** by calling 613-930-4892 ext 229



353 Pitt St Cornwall ON



[www.seawayvalleychc.ca](http://www.seawayvalleychc.ca)