



# Healthy You Program

Healthy You is an 8 week lifestyle program run by PrimaCare Dietitians that uses a non-diet approach to help you reach and maintain a healthier version of you!

Next session runs from January 11<sup>th</sup> – March 1<sup>st</sup> 2018

Thursday evenings from 6:30pm – 8:00pm

Located in the Willett A1 Boardroom (In the Basement)

If you are parking in the Willett lot there is a \$3 parking fee

**FREE FOR ANYONE TO JOIN**

Contact us to register for the next session or if you have any questions:

(519) 442-9834

Week 1

Orientation, Self-Assessment, and Goal Setting

Week 2

Nutrition Basics

Week 3

Behaviour Change, Emotional Eating

Week 4

Active Living

Week 5

Carbohydrates, Protein, Fat, Salt, Fluid

Week 6

Meal Planning, Cooking Skills

Week 7

Supermarket Savvy

Week 8

Vitality Toolkit