

February FREE Wellness Programs

For more information and to register, visit www.CommunityHealthTeams.ca

FREE FEBRUARY IN-PERSON WELLNESS PROGRAMS

Mindful Movement	Healthy Eating 101
Your Heart Matters	Explore the Mediterranean Diet
Eat Well, Age Well	Making Peace With Food
Beginners Guide to Plant-Based Eating	Meal Planning & Recipe Inspiration
Building Better Sleep	Making the Most of Your Food Dollar
Ideas Into Action. Small Steps, Big Success!	Understanding Food Labels
Be Good to Your Gut	Ready Set Move 4 Week Program
Introduction to Cardio	How to Speak Assertively 4 Week Program
Optimal Aging 4 Week Program	Self-Compassion 1 Week Program
Parenting Your Teen	Self-Compassion – 4 Week Program
Take Charge of Your Stress 1 Week Program	Take Charge of Your Stress 4 Week Program
Exploring Emotions 4 Week Program	Prediabetes
Self-Compassion for Parents	Parent Wellness Series

FREE FEBRUARY ONLINE WELLNESS PROGRAMS

- Ideas Into Action. Small Steps. Big Success!
- Beyond Weight 1 Week Program
- Take Charge of Your Stress 1 Week Program
- Screen Time and Your Family

