



Primary Health Care Services
OF PETERBOROUGH

Peterborough Networked

Family Health Team



Healthy You

www.peterboroughfht.com

In partnership with the



**YMCA of
Central East Ontario**

Healthy You

5 Week Program

Healthy You is a group program that promotes making healthy lifestyle changes. This program will provide an opportunity for nutrition education, skill development and peer support.

Participants are asked to set personal lifestyle goals based on information and tools provided.

Please Note: This is not a program that focuses on “dieting.”

You will learn about:

- Your “Best Weight”
- Assessing your eating patterns
- Stages of change and goal setting
- Sources and functions of carbohydrates, protein and fat
- Meal planning and recipe modification
- Label reading
- Supermarket tour (optional)

Who should attend:

- Do you enjoy meeting with others to share common experiences?
- Do you want to make changes to your eating and food choices?
- Are you interested in learning more about how lifestyle changes can impact your body shape and size?
- Can you commit to attending five weekly sessions?

Ask your family doctor , nurse practitioner, registered dietitian or mental health clinician if the Healthy You program may be for you ...

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Date: _____

Time: _____

Location: _____