

new program
Starting!
SIGN UP NOW



Losing Weight
... the healthy weigh

**Sign up for one of these
12-week sessions starting
January 21 in Leamington and January 23 in Essex.**

Mondays, 6:30 to 8:30 p.m.
Leamington Kinsmen Recreation Complex
249 Sherk Street, Leamington

Wednesdays, 6:30 to 8:30 p.m.
Essex Civic Centre
360 Fairview Avenue West, Essex

A healthy weight loss program with a NEW approach.
Join a Registered Dietitian and learn how to change
old habits, eat better, and be more active.

Cost is \$75 and includes a high quality pedometer, resource binder, classes, and supportive follow-up.

Call 519-258-2146 ext. 3100
or visit www.wehealthunit.org
for more details or to register.

