

WEIGHT WISE PROGRAM

Healthy eating is about feeling great, having more energy, and keeping yourself as healthy as possible—all of which can be achieved by learning nutrition basics and using them in a way that works for you.

The Markham Family Health Team offers our patients the opportunity to join our **Weight Wise Program** counselled by one of our Registered Dietitians, Trish Dekker who has an excellent background in education with a positive learning experience.

Healthy food choices can reduce your risk of illnesses such as heart disease, cancer, and diabetes, as well as defend against depression. Additionally, learning the habits of healthy eating can improve your health by boosting your energy, sharpening your memory and stabilizing your mood. Expand your range of healthy food choices and learn how to plan ahead to create and maintain a satisfying, healthy diet.

This lifestyle modification program consists of 12 classes with some group work. Handouts will be provided to take home and some homework will be given out to help you think about the topics discussed. Since each class builds on the knowledge of the previous class, it is our expectation that you will attend all 12 sessions.

This program is intended to help you make permanent lifestyle changes and pass on what you learn down to your family and friends. This is not a program that focuses on “dieting”. We will address the physical psychological and nutritional health issues to promote a healthy lifestyle.

Our Goals:

1. Working in a group setting that focuses on a lifestyle change (non-dieting) approach to weight management.
2. Tools and education to help you reach and maintain a healthier natural body weight.
3. Provide an opportunity for education, skill building and peer support.

If you are interested, please take our short assessment tool ‘AM I READY’ to determine if this is the right program for you.

To Register:

1. Download the registration form and complete.
2. Fax the registration form back to 905-209-1501 to the attention of Janey Cole, and your name will be placed on the wait list. You can also come and pick up a copy of the form from our Cornell Park Avenue location.
3. You will be contacted several weeks prior to the commencement of the group to confirm your enrollment. There is no cost for the actual 12 week program, but there is a \$25.00 non-refundable fee for supplies.

When:

Wednesday nights from 5:30 – 6:45 p.m. Our next group starts September 8, 2010 **(CLASS FULL)**

Next session to follow will start December 2010.

Trish will be available prior to the group meeting at 5:00 p.m. for any individual questions.

Location:

122 Cornell Park Avenue, Unit 1
Markham, Ontario

Parking is free.

Call Janey Cole at 905-471-9999, ext 267 for more information.