



A New Year – A Healthier You!

Markham Family Health Team is pleased to offer our **Group Lifestyle Balance Program!** This program is designed for individuals who would like support and education on achieving a healthy weight and increasing physical activity. Weekly topics include healthy eating, physical activity, problem solving, and more. The program is free to participants.

Are you?

- **18 years of age or over**
- **Interested in losing weight and reducing your risk of developing Type 2 diabetes or other chronic diseases**
- **Able to attend most classes**

When: Start Date: Wednesday January 16 and Thursday January 17, 2019

Conveniently offered at 4 times:

Wednesday mornings	10:30 - 11:30 am
Wednesday evenings	5:00 - 6:00 pm
Thursday mornings	10:30 - 11:30 am
Thursday evenings	4:00 - 5:00 pm

Sessions run weekly for 12 weeks (with breaks for holidays), followed by 5 bi-weekly maintenance sessions.

Where: Aaniin Community Centre, 5665 14th Ave, Markham, ON

To register, please contact:

Maryam Estakhri, RD, CDE

Registered Dietitian and Certified Diabetes Educator

905.471.9999 x 317 or Rebecca.robinson@markhamfht.com