

Ring in the New Year with a *New* **HEALTHY YOU!**

January 5, 2012

2:00-4:00 pm

Prime Care FHT, Rm 104

Call 905-878-1720 to register

Join us and learn how to achieve a healthy lifestyle that will:

- **improve your day to day well-being and energy**
- **help you lose and maintain a healthy weight**
- **assist in managing chronic conditions**
- **reduce the risk of illness**

The program will be led by Prime Care FHT's Registered Dietitian and Nurse Educator. Ask us about the opportunity for individual follow up appointments where we can monitor and support your personal lifestyle goals.



Prime Care

Family Health Team

470 Bronte St., S. #110

Milton, ON

L9T 2J4

905-878-1720

www.primecarefht.ca

Alternate Date:

March 29 2 – 4 pm