



Step up to a *Healthier* you

WHAT: A 4-Week Education Series to improve your health and lower your risk of heart disease, stroke and diabetes.

WHEN:

Class 1 – Thursday, Nov. 6

Class 2 – Thursday, Nov. 13

Class 3 – Thursday, Nov. 20

Class 4 – Thursday, Nov. 27

TIME: 6:30pm-8:30pm

WHERE: Simcoe Recreation Centre Arena – The Arena Lounge
182 South Drive • Simcoe ON • N3Y 1G5 • 519-426-8866

To register contact: Dana Reynolds

519-426-6170 Ext. 3265 or 905-318-6623 Ext. 3265

dana.reynolds@hnhu.org

Registration fee: \$20.00 • Subsidies available

HealthUnit
Haldimand-Norfolk

www.hnhu.org