



Step up to a *Healthier* you

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

It's FREE...REGISTER TODAY!

**JOIN US! Bring your partner.
Bring a friend or two!**

Learn about:

- healthy eating
- food labels
- high blood pressure
- cholesterol
- physical activity
- managing stress
- medications

Class Location:

Simcoe Recreation
Centre Arena Lounge
182 South Dr.,
Simcoe ON

Thursdays in November

6:30 - 8:30 p.m.:

- Nov. 6, 2014
- Nov. 13, 2014
- Nov. 20, 2014
- Nov. 27, 2014

To register contact: Dana Reynolds

519-426-6170 Ext. 3265 or 905-318-6623 Ext. 3265
dana.reynolds@hnhu.org

HealthUnit
Haldimand-Norfolk

www.hnhu.org