

CHOOSE TO EAT HEALTHY & GET FIT

A free group for those wanting to get started on improving their lifestyle after breast cancer treatment (chemotherapy and radiation) has ended. This group also provides a great start for those wanting to improve their weight.

Next group starts in September 2008

Location: WRHA Breast Health Centre
100 - 400 Taché Ave (main floor)
Winnipeg, MB

Time: 6:30 – 8:30pm

Time Commitment: 6 weekly sessions

What you will learn:

- ◆ Healthy eating after breast cancer
- ◆ A beginner fitness program designed for breast cancer survivors that can be done at home
- ◆ What your road blocks are to a healthy lifestyle and ways to get through them

**For further information and to register
contact Beth @ 235-3646**



Winnipeg Regional
Health Authority
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santé de Winnipeg