



SHKAGAMIK-KWE HEALTH CENTRE

Dedicated to balanced & healthy lifestyles...



ADOPTING A HEALTHY
LIFESTYLE (EATING) WITHOUT
DIETING. MAKING CHANGES
THAT WILL LAST A LIFETIME

Nutrition Series to begin the year with a
commitment to your health.

Facilitator: Jennifer Santerre-Smith

Registered Dietician

January 13th- 10:00-12:00

January 20th- 09:30-11:30

Do you love food, or does food love you???

Join us to see how we can help change your view about maintaining a healthy weight by changing the foods you eat !

For strong body, mind and spirit, be active every day.
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HEALTH CENTRE

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These sessions are intended to guide you to a better understanding of how healthy eating and physical activity go hand in hand

Feasting for Change