

Virtual Healthy You

Starting December 3, 2020

10:00am – 11:00am

Program Overview

This online group uses OTN (Ontario Telemedicine Network) video conferencing technology to bring our Healthy You speakers to you.

To participate you will need internet access and either a mobile device (phone/tablet) or computer with a speaker. Web cameras are not required.

Topics include:

- Understanding your eating patterns
- Nutrition basics and goal setting
- Mindfulness and behaviour change
- Active living and your health

How long does this program run?

- 3 week group program
- Offered throughout year
- 1 hour class (times may vary)

How do I register?

Call 705-526-7804 ext. 217

