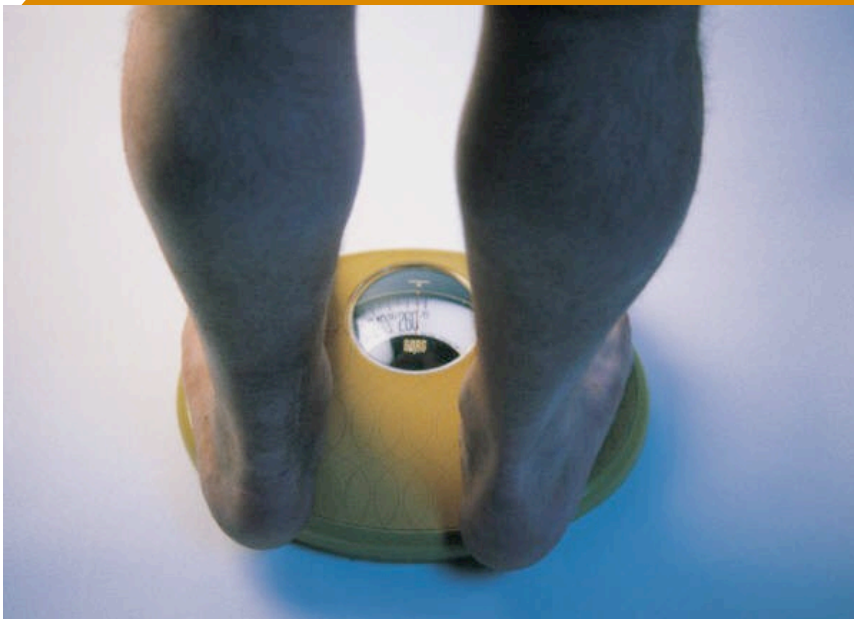




Healthy Eating for Weight Management

Nutrition and Exercise



Thursdays
November 1, 8, 15 & 22
6:00-8:00 p.m.

And It's
FREE!

Held in the **Windsor Family Health Team** Training Room
245-2475 McDougall Street in the Jackson Park Health Centre

To Register, Contact Chris @ 519-250-5656 x206
Wear comfortable clothing for a gentle workout with
Steve Collins (Can Fit Pro) personal trainer from
Windsor Squash & Fitness Club