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*Interested in learning more about weight management OR just curious about healthy living?*

Join us for the virtual Weight Management group hosted by the East GTA Family Health Team on *Thursday September 16th at 1:00pm*

*November 4th, 2021 at 4:30pm*

*OR December 14th at 1:00pm*

*To join please call us at: 647-693-7401*



*Topics will include: Review of Health Indicators, Healthy Eating, Intuitive Living, and Physical Activity.*

*Facilitated by our Dietitians Negin Ansari, RD, CDE and Aly Castonguay, RD*