

# EAT YOUR heart OUT

## Food & health on your mind?



## Our dietitian can help.

We use a weight neutral, non-dieting, Health At Every Size (HAES®) approach to promote health.

**Eat Your Heart Out: A Refreshing Perspective on Food and Wellness** is a 6-week group program that covers these topics and the basics of nutrition in a friendly, non-judgmental environment.

**afternoon & evening  
sessions starting this fall!**

Please call for more information.

*Registration is required. To register  
or for more information contact:*

204-947-2422 ext. 113  
1-866-947-1517

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women's  
health clinic