

EAT YOUR heart OUT

Food & health on your mind?

Are you concerned about your weight, shape, or size?

Do you feel guilty or anxious when choosing what to eat?

Do you think of some foods as "good" and others as "bad"?

Are you frustrated with dieting and looking for long term change?

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.

**Evening sessions
starting in January!**

Please call for more information.

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

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