

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 three-week group program that covers the basics of nutrition in a friendly, non-judgmental environment.

Upcoming Virtual Sessions
November 18 | November 25
December 2

Sessions provided via Microsoft Teams.
Please call for more information and to register.

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

☎ 204-947-2422 ext. 537
1-866-947-1517

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women's
health clinic