

# 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.

**Sessions are now open to participants across Manitoba.**

**Virtual sessions | 6 - 8 p.m.  
May 18 | May 25 | June 1**

**Sessions provided via Microsoft Teams.**

Please email [WHCdietitian@womenshealthclinic.org](mailto:WHCdietitian@womenshealthclinic.org) for more information and to register.

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

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