

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

**Virtual sessions for
Northern Manitoba**
6 - 8 p.m. | Sept 20 | Sept 27
| Oct 4 | Oct 11

Sessions provided via Microsoft Teams.
Please email WHCdietitian@womenshealthclinic.org
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