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.

Food & health on your mind?

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

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

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

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

Virtual sessions - join us from anywhere in Manitoba!

6 - 8 p.m. 
Nov 14 | Nov 21 | Nov 28

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:

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1-866-947-1517
419 Graham Avenue
Winnipeg, MB R3C 0M3

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