



a HealthyNS Program

FREE Online Class Beyond Weight (11 week series)

This program supports you to shift focus away from weight as a measure of your health. In this interactive virtual group we will explore how to make lasting change in the areas of nutrition, physical activity and mental wellbeing. We will discuss the complexities of weight and learn strategies to support change. This program does not focus on “dieting” and individualized meal plans will not be provided. Each week you will set your own goals and make a plan to achieve them.

Sign up today:

Visit: www.healthyNS.ca
[or Click Here](#)



SCAN HERE
to register

