



a HealthyNS Program

FREE Online Class Ideas Into Action: Small Steps, Big Success



Struggling to reach your health goals, or not sure where to start? This interactive session is designed to get you thinking and planning. With guidance from facilitators and input from the group, you'll learn how to set realistic goals and create a personal plan that fits your life. This is an active learning session where your ideas, reflections and engagement are key to making it meaningful.

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to register

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